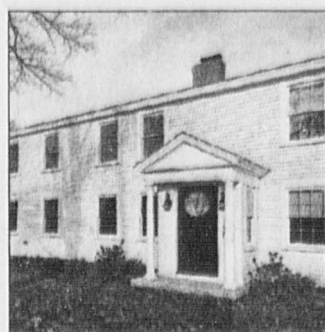




READERS CHOICE
VOTE INSIDE
OR ONLINE
WICKEDLOCALFAVORITES.COM



REAL ESTATE
NEW ENGLAND
STYLE
COMMUNITY CLASSIFIEDS

4 *****CAR-RT MSH**C-002
PAUL PRATT LIBRARY
35 RIPLEY RD
COHASSET MA 02025-1745

COHASSET MARINER

Friday, February 5, 2016

Cohasset.WickedLocal.com

Vol. 38, No. 7 ■ \$2

WHAT'S INSIDE

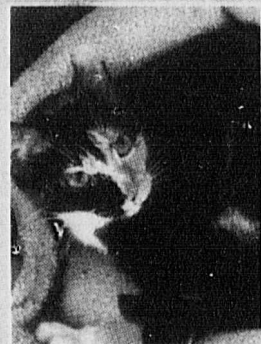
SCHOOLS

INSIDE, B9-B11



HEALTHY LIVING

MEET FIONA, A9



GIMME SHELTER

SPORTS, B1



GIRLS HOCKEY BEATS SCITUATE

FEATURE, A9

Meet the Men of Harmony

COMING IN PRINT

Community Preserva-
tion Committee update

WICKED
LOCAL.com

INDEX

Senior News.....	A2
Tide Chart.....	A2
Police Beat.....	A3
Dog Tales.....	A7
Five Things.....	A7
Cartoon.....	A14
Life at CHS.....	A15
Semi-formal.....	B5
SEPA.....	B6
Horoscopes.....	B16
Calendar.....	B17

The COHASSET MARINER (USPS 455-390)
is published weekly Friday by GateHouse
Media, 254 Second Ave, Needham MA
02494. Periodical postage paid at Boston
and additional mailing office. Annual
subscriptions: \$64 in-town, \$85 out-of-
town. An additional one time activation fee
of \$4.95 applies. Call circulation department,
1-888-MY PAPER (888-697-2737) to
subscribe or report delivery problems.
POSTMASTER: Send change of address
notice to Cohasset GateHouse Media NE,
400 Crown Colony Dr, Quincy MA 02169.



No formula yet to pay for contract

Unsolved problem:
where to find the
money

By Amanda C. Thompson
athompson@wickedlocal.com

The budgetary pie may
not be big enough to cut the
slice that the new contract
promises to teachers.

The School Committee
revealed at its Jan. 27th
meeting that the contract
had been settled. The

committee and the Cohas-
set Teachers Association
ratified it on the 21st,
including a side letter of
agreement.

This announcement
came on the heels of five
months of impasse, hours
of third-party mediation,
and a spell of work-to-
rule activity from teachers
who refused to participate
in activities not explicitly
outlined in their contracts
(while the new contract
was under negotiation, the

terms of the old one held
sway).

"There were a lot of
things that we had to hash
out," said School Com-
mittee Chairman Jeanne
Astino. "Not everybody can
walk out of the room with a
smile on their face."

But as much as both
sides had to compromise,
it still might not be enough.
Drafts of the school budget
are six figures over what is
actually available from the
town, and the salaries and

obligations owed to teach-
ers play a big part in that.

In a formal statement
last week, Town Manager
Chris Senior wrote, "The
compensation system at the
center of this agreement...
includes a succession of
built-in raises, stipends,
and incentives which,
given the limited resources
available, are financially
unsustainable for the Town
budget as a whole."

SEE CONTRACT, A5

"This contract,
if we honor it,
would bust out
of the budget. I
don't see where
more money
exists. Either
you have an
override, or you
choose: what
are you going to
cut?"

Selectmen Chairman
Steve Gaumer

LOCAL GEM

Justice in Mass. Juvenile Court

Cohasset woman
appointed by Gov. Baker

By Amanda C. Thompson
athompson@wickedlocal.com

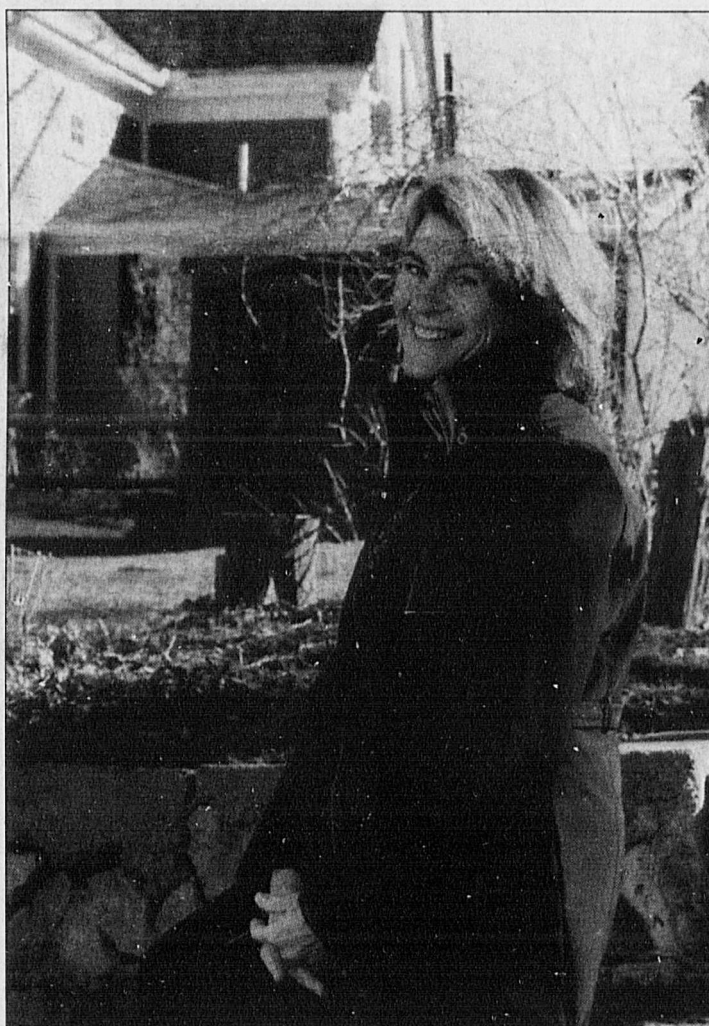
At first, Linda Sable of Cohasset
would simply answer questions for
inquisitive foster parents at the Hull
community center where she was
taking her two-year-old daughter. And when
the other parents found out Sable was a lawyer,
there were, inevitably, a lot of questions.

Sable soon realized she had both a passion
and a knack for offering legal advice to families,
and she left her job at IBM to start her own
legal practice serving children and families in
Hull and Cohasset.

Now, after 13 years in Plymouth County's
juvenile courts, she's been appointed to the
Massachusetts Juvenile Court as one of 41
associate justices – a position she pursued at
the behest of retired Judge John J. Corbett of
Scituate, and which required a nomination by
Governor Charlie Baker.

Sable learned that Baker had nominated
her in December, about six months after she
applied for Corbett's vacancy. The Governors'
Council held a nomination hearing for Sable on
Jan. 20th and voted on the nomination a week
later. She starts the new job in March.

"It's a lifetime appointment, so the Governor
takes a lot of care in weeding through appli-
cations," said Sable. "I feel very fortunate and
lucky that I made it all the way."



Linda Sable has been appointed to the Massachusetts
Juvenile Court as one of 41 associate justices. WICKED LOCAL
STAFF PHOTO / ROBIN CHAN

SEE SABLE, A8

KING STREET

New name, new eatery

By Amanda C. Thompson
athompson@wickedlocal.com

Drivers in the Dunkin'
Donuts drive-through are
starting to see some activity
next door at the restaurant
that used to be the Great
Neck Grille – and before
that, Constantine's – and
before that, Pacini's and
Acapulco's – all the way
back to Koko Island in the
1990s, and beyond.

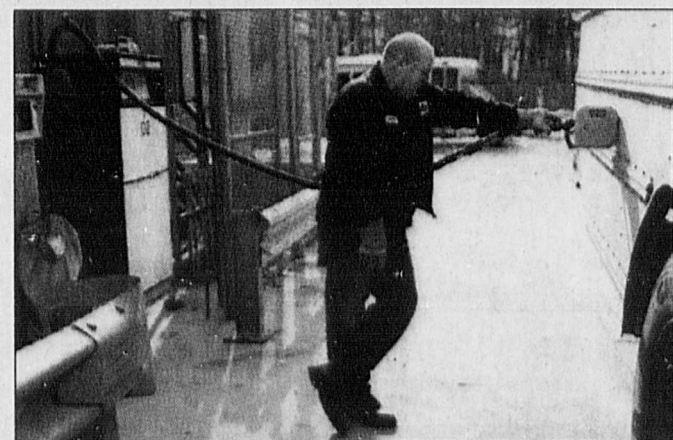
Celebrity chef Anthony
Ambrose has had his eye
on the spot for six years. His
résumé includes Ambrosia
Events and Catering, and
the former Blackfin Chop-
house and Raw Bar in
Hingham.

Ambrose spoke with
the board of selectmen
in October, describing a

SEE EATERY, A11

SCHOOLS

Cohasset man is new part-time mechanic



Chris Castro fills up the tank of a school bus while
working for the Department of Public Works on a part-
time basis since Jan. 8. He takes care of 12 vehicles
each week. The bus drivers are thankful to have a full
tank of gas at the start of the week. WICKED LOCAL STAFF
PHOTO / ROBIN CHAN

Will help keep buses
on the road

By Amanda C. Thompson
athompson@wickedlocal.com

For his birthday, Chris
Castro got a new job.

By day, he's still the
dispatcher for the auto
transport company Diver-
sified Automotive, a career
for which he commutes
daily into Boston. But by
night and by weekend, he's
the part-time superhero
the school district has
been looking for since it
eliminated the full-time
bus mechanic position last

summer.

"It's taking care of basic
stuff – whatever I can fix
in a parking lot," Castro
said. That means handling
oil changes, wiper repairs,
headlight replacements,
coolant issues and other
fluids – even cosmetic
repairs like fixing broken
seats.

Anything more involved
than that is covered under
warranty and therefore
handled by New England
Transportation, which
is leasing the buses to
Cohasset.

Because the buses were
brand new when the

district started leasing
them in November 2014,
officials initially believed
that the warranty coverage
would be enough, but they
soon found that buses had
to be disabled and sent
off-site – all the way to the
lessor in Tyngsboro – for
the smallest of issues.

But those small issues
can now be addressed by
Castro, either on his way
home from work on a
week night or on a Satur-
day afternoon at the DPW.
Working with Transporta-
tion Coordinator Missy
Parfumorse, he can also

SEE CASTRO, A8

FINANCIAL STRATEGIES. ONE-ON-ONE ADVICE.

231 Chief Justice Hwy (Route 3A)
Brass Kettle Building
Cohasset, MA 02025
781-383-1996

www.edwardjones.com

MEMBER SIPC

Edward Jones
MAKING SENSE OF INVESTING



John J. Flanagan
Financial Advisor

It's easy to update your home with new lighting from

Many fixtures on display/in stock ready for purchase.

- Crystorama
- Visual Comfort
- Hudson Valley
- Northeast Lantern
- Robert Abbey
- Complete lamp repair & shades

Bringing Solutions to Light • Mon.-Sat. 9-5
24 Elm Street, Cohasset Village • 781-383-0684 • flemingslighting.com

Making Dream Homes Come True



Pilgrim Bank

2 Locations in Cohasset:

40 South Main Street | 800 Chief Justice Cushing Way (Route 3A)
www.BankPilgrim.com | Member FDIC Member SIF

Care • Compassion • Commitment

COHASSET DENTAL

EST. 2003

Comprehensive aesthetic dentistry
for the entire family

Welcoming new patients • Most insurance accepted

Kevin M. Thomas DDS Aaron M. Chenette DMD

invisalign Smile Makeovers **ZOOM2**
CERTIFIED since 1987 (1 hour) chairside
whitening

223 Chief Justice Cushing Hwy, Suite 104 • Cohasset • 781-383-9393

DOG FOOD? CALL AHEAD

Valet PickUp or Delivery

Fetch
COHASSET PET BOUTIQUE

Cohasset Village
fetch02025.com
781-923-1364

RIVER CLUB MUSIC HALL

78 Border Street
Scituate
339-236-6786

Feb. 13 Solas
March 4 David Wilcox
March 11 Richard Shindell
March 12 Les Sampou Band
April 8 Aztec Two-Step & John Batdorf
April 16 Steve Sweeney
May 14 Howie Day

www.theriverclubmusic hall.com

NORTHEAST SURFING ACADEMY

Nantasket Beach, Hull, MA

Week Long Surf/Paddleboarding
Camps and Hour lessons, Group
Outings, Ages 7 & up, NSSIA Certified.

NSSIA
NATIONAL SURF SCHOOLS
INSTRUCTORS ASSOCIATION

SPACE LIMITED
SIGN UP TODAY!

617.297.SURF (7873)
www.northeastsurfing.com

WE HAVE THE BEST SEAFOOD FOR LENT!

Fresh Haddock, Cod, Salmon, Homemade Crab & Fish
Cakes, Live Lobsters 1 1/4 to 3 lbs, Fresh Steamers

Friday is Fish Day!

FULL PREPARED MENU EVERY DAY

HOURS: WED.-SAT. 10-8, SUNDAY 10-7
(781) 871-2433 • lobsterbarn.net

The Lobster Barn
996 HANCOCK ST., ABINGTON
RT 18 TO RT 139W (Left at sign for Ames Nowell State Park)

PICTURE THIS

Amy Beuschel Di Lillo

Name: Amy Beuschel Di Lillo.
Occupation: Yoga Teacher and Cross Cultural Trainer (I contract with 2 global companies and provide cultural communication - customs, etiquette, both business and social - training for foreigners moving to the USA or for Americans moving to other countries). Some days I'm bare footed and other days I'm in heels... It keeps me balanced!
Best day of your life: Wow, so many to choose from... The romantic in me chooses the second date I had with my husband when we walked in the rain and time stood still... the first date was funny and a whole other story!
Best vacation: Bali with Tom where we did sunrise yoga then ventured to monkey temples, rice fields and other gorgeous places.
Favorite season: Fall.
Favorite holiday: Halloween.
Favorite snack: Peanut butter healthy snack, or treat, depending on what I pair it with!
Best book: "The Night Circus," by Erin Morgenstern. It absolutely transported me into this other world... truly magical!
Best movie: "The English Patient." I got to hear the author speak about the book and his writing process and I loved it even more. And Star Wars (Episodes 4-7...and beyond! I love J. J. Abrams)



The Mariner caught up with yoga instructor, Amy Beuschel Di Lillo at Willcutt Commons. If you see Amy around town, be sure to tell her that you spotted her in Picture This. WICKED LOCAL PHOTO CHRIS BERNSTEIN

Best TV show: I know this dates me, but "Buffy the Vampire Slayer" (TV show, not the movie). Now, I love "Shield" (yes, apparently I have a thing for

superheroes, superpowers... and Joss Whedon)
Best music, group, or artist: Pete Dinklage, soulful and melancholy. Prince, when he does acoustic versions of his

80's hits. Anugama when I'm meditating or teaching yoga. U2 and Coldplay

Pet peeve: Litter, especially animal waste that pet owners leave anywhere, but especially in our gorgeous natural spaces.

Biggest mistake: I was new in a job in my early 20s and made the grand mistake of sharing with a new colleague that I really didn't want that job because I was waiting for my ideal job to have an opening, and then I was going to leave. I got fired the next day! I learned the value of having trusted friends and colleagues and the value of knowing myself and doing what I love!

Fun fact: I'm a Midwest farmer's daughter who has had the luck to live in 4 countries and 4 states (Mass. is my 4th state and first time living on the East Coast).

Goal: To have a healthy and balanced life and family, and to trust my instincts and intuition.

Person you'd most like to meet: My great grandmother, now that I am an adult. She lived to be 99 and had a fascinating life that I wish I knew more about.

Biggest worry: Hmmm, apparently everything (when I get stressed)... This is from my teenager! ...and now I'll direct you back to my goal!

Best part of Cohasset: Access to so much varied natural beauty: ocean, rocks and forest.

COHASSET ELDER AFFAIRS

Break out the coloring books daily

New location: Cohasset Elder Affairs is now located at Willcutt Commons, 91 Sohier St. All events and activities will be held in that location unless otherwise noted. The center offers tours for visitors.

Adult Coloring: 8 a.m. to noon, daily. This creative activity helps people de-stress from everyday pressures. By donation, the center has a supply of books with intricate patterns. Bring colored pens, pencils or crayons or use the one's provided. The center will also provide coffee.

Anna's Juice Bar: 11 a.m. Thursdays, Feb. 4-25. Stop by the dining room after the strength and conditioning class. Cost: \$1, includes a healthy energy boost after a workout. All invited to partake in Anna's delicious beverage and casual conversation.

Intergenerational Lunch: Noon, Feb. 11. Enjoy the Deer Hill fourth grade students as they impress residents with their social skills and entertain with their talents. Cost: \$3, lunch donation.

Valentine's Day Tea: Noon, Feb. 17. Delicious finger sandwiches and refreshments. Entertainment provided by the talented Andrew Smith, who will blend old and new in his original music and cover versions of popular songs. Reservations required no later than Friday, Feb. 12. Cost: \$6.

Preventing Falls: 1:30 p.m. Feb. 18. Norfolk County Triad Officer Cheryl Bamberg will offer an informative presentation to help seniors become more aware of fall risks and how to prevent them. No charge for presentation.

Seniors on the Ball: 1:30 p.m. Feb. 23. Rita LaRosa Loud, from Quincy College health science department will demonstrate exercises to increase bone strength and to discuss healthy aging. Free program. Reservations are requested.

Lunch schedule and menu, week of Feb. 9

Lunches are served at noon Tuesdays, Wednesdays and Thursdays. Reservations required 24 hours in advance. Meals provided by local restaurants and Cohasset cooks. Cost: \$3.

Tuesday, Feb. 9 - Lunch prepared by Chef John: Beef Stroganoff

Wednesday, Feb. 10 - Lunch prepared by Chefs Laura and Kathy: Chicken Piccata

Thursday, Feb. 11 - Lunch prepared by Five South Main

Ongoing programs

Lunches, Tuesday-Thursday, noon. Meals provided by local restaurants

and talented Cohasset cooks. Reservations requested no later than 24 hours in advance. Willcutt Commons, 91 Sohier St. Voluntary donation, \$3. Note: no line dancing classes in February.

Line dancing, Tuesdays, 1:30-2:30 p.m. Beginner to beginner plus. Helps posture and balance, improves memory skills and confidence. Drop-ins welcome. At 91 Sohier Street. Cost: \$5.

Veterans services hours, Tuesdays and Thursdays, 1-4 p.m., Willcutt Commons, 91 Sohier St.

Gentle Yoga, Tuesdays, 9:30-10:30 a.m. Wear comfortable clothing. Bring a mat. At Willcutt Commons, 91 Sohier St. Cost: \$5.

Gentle Chair Yoga: 1 to 2 p.m. Wednesdays. This class focuses on increasing mobility.

Yoga/Meditation, Thursdays, 8:30 a.m. Eclectic, fusion, beginner-friendly yoga class offering a variety of combinations to help you on your path to mindfulness and calm. Drop-in class. Cost: \$5.

Senior Stretch and Conditioning Class: Follow the instruction of an exercise therapist to improve upper and lower body strength, endurance, and flexibility. Cost per class is \$5.

South Shore Tide Chart

		HIGH				LOW				SUNRISE	SUNSET
		AM	HGT.	PM	HGT.	AM	HGT.	PM	HGT.		
Thursday	04	7:31	8.6	8:09	7.7	1:08	1.4	1:50	0.8	6:53	5:00
Friday	05	8:23	9.0	9:00	8.1	2:01	1.1	2:41	0.3	6:52	5:02
Saturday	06	9:12	9.4	9:49	8.5	2:52	0.7	3:30	-0.2	6:51	5:03
Sunday	07	10:00	9.9	10:35	9.0	3:41	0.2	4:16	-0.8	6:50	5:04
Monday	08	10:47	10.3	11:20	9.4	4:29	-0.3	5:02	-1.2	6:49	5:05
Tuesday	09	11:34	10.6			5:17	-0.7	5:48	-1.5	6:48	5:07
Wednesday	10	12:06	9.8	12:22	10.7	6:05	-1.0	6:34	-1.6	6:46	5:08
Thursday	11	12:52	10.1	1:11	10.6	6:54	-1.2	7:21	-1.5	6:45	5:09

Please be aware that all tide charts are really just predictions and assume average weather conditions. Usually, onshore winds or low barometric pressure will produce higher tides than predicted and vice-versa.

Professional DIRECTORY

To Advertise
in this Directory
Please Call Suzanne
at 781-433-7965

PET SERVICES

Love Your Pet? Hate the Poop?
Dog or Cat - We Can Help!

DoodyCalls Pet Waste Removal
1.800. DoodyCalls (366.3922)
www.DoodyCalls.com

BEST TV FOR MY FAMILY

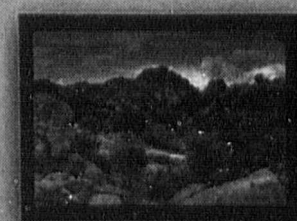
Discover the Satellite TV Difference

- ✓ LOWER COST
- ✓ BETTER QUALITY
- ✓ MORE CHOICES

If you want the biggest variety of shows, movies, sports, and news for the least amount of money... Satellite TV is what you're looking for!

PACKAGES STARTING AT

\$19.99 PER MONTH



Get more of your digital channels in 100% Digital Quality for LESS MONEY

NO EQUIPMENT TO BUY

FREE DVR UPGRADE FREE HD UPGRADE FREE PRO INSTALLATION

Don't waste any more time or money

CALL NOW
800-795-3079

All offers are subject to credit approval. Valid credit is required for all activations. Offer is only valid in the continental United States. © 2015 Dish Network. All rights reserved.

POLICE BEAT

Teens following one another have car accident

By Mary Ford
mford@wickedlocal.com

MVC

An officer on patrol came upon an accident at Forest Avenue and Jerusalem Road around 8:14 p.m. on Thursday (Jan. 28) involving two cars. Police said investigation showed a 2013 Jeep Cherokee, operated by a 16-year-old Cohasset boy, was following behind a 2007 Volvo, operated by a 17-year-old Cohasset boy, when the Jeep tried to pull around the Volvo on the wrong side of the road at the stop sign as the Volvo was attempting to turn left up the hill on Forest Avenue.

The vehicles collided and the accident caused major damage to both. The 16-year-old was taken by ambulance to South Shore Hospital with non-life-threatening injuries. He is being summonsed to juvenile court for operating to endanger, failure to drive in marked lanes and with a stop sign violation. The two boys knew each other and one was following the other, police said.

Overdose

A Cohasset father drove his son, who is in his 20s to the police station on Tuesday morning (Feb. 2), for help because the son had overdosed on heroin, police said. Paramedics were immediately on the scene and the young man was transported to the hospital.

MVC

Police responded to a single car crash on Atlantic Avenue on Tuesday afternoon (Jan. 26) around 5 a.m. A 19-year-old Hingham woman in a 1998 Chevrolet Cavalier was headed south when in the 400 block of Atlantic Avenue, she hit a patch of ice, careened off the road and into two parked cars in the driveway at a residence, a 2009 GMC Yukon and a 2005 GMC Yukon.

The Cavalier sustained heavy damage as did the 2009 Yukon; the 2005 Yukon had moderate damage, police said. The Hingham woman was cited for failure to stay in marked lanes.

Hit & run

Police said a 62-year-old Cohasset woman in a 2010 Honda Civic traveling on upper King Street on Saturday (Jan. 30) around 5:43 p.m. was sideswiped by a white-colored pickup truck traveling toward her that crossed the centerline and hit her car, nearly head-on. The pickup truck kept driving. Police have been unable to locate the

truck but have pieces of debris from the pickup located at the scene. The put out a notice to area towns to be on the lookout.

Default warrant

A 36-year-old Hull man was arrested on a warrant after police responded to a complaint about a man yelling and cursing at his 2004 Cadillac SUV in the village parking lot near Stagecoach Way.

Investigation at the scene revealed Sean P. Rivieccio of 31 Kenberma St. had a default warrant for his arrest for possession of heroin and operating with a suspended license.

Dog dispute

A Stevens Lane dog owner complained that a dog belonging to a family on Highland Court came into her yard on Sunday afternoon (Jan. 31) and attacked her dog. The Animal Control Officer issued a \$25 lease law violation fine to the dog owner from Highland Court.

Skaters

Police and fire personnel responded to a call from the north side of the reservoir near the Beechwood dam about some clothing on the ice with no one around on Monday afternoon (Jan. 25). Investigation found a Scituate couple who had been ice skating; no one was in distress.

Stuck in woods

A 51-year-old Duxbury woman called police after she drove on a private driveway from King Street (across from Stop & Shop) into Thayer and Whitney Woods and got stuck around 6:30 p.m. on Monday (Jan. 25). She reported that she had locked herself in her car and was afraid. AAA was called and Express towing was able to tow the Saab out of the woods. Police said the private driveway leads to a home in the woods.

Blinking light

A report from a concerned caller near Atlantica late Monday afternoon (Jan. 25) about a blinking light about 400 yards near the jetty turned out to be coming from the dredging barge.

Cars tagged

Several cars were ticketed after police received a complaint on Monday night (Jan. 25) about vehicles illegally parked around the common that were causing a traffic hazard. Monday is a busy night at town hall and AA also meets at the Second Congregational Church. Police explained that parking is not allowed on the common side of Highland Avenue and is not allowed on Jason and Long roads except on Sundays.

Served

Cohasset police served an immediate threat notification form and medical evaluation notice from the Registry of Motor Vehicles for the Plymouth police to a Cohasset resident last week. The resident had some driving issues in Plymouth that raised into question his ability to continue driving.

Protective custody

Police took a 70-year-old homeless man, who is known to them and who has Scituate ties, into protective custody after finding him walking in an intoxicated state near Forest Avenue and N. Main Street on Wednesday (Jan. 27) around 2:30 p.m. Police initially had responded to a complaint about the man making threats earlier that afternoon at the South Shore Athletic Club. Police later found the man's bike abandoned by a real estate office in the village and are going to try and return it to him.

Check fraud

Police are seeking assistance from asset protection at Stop & Shop to see if there is video of an individual that fraudulently used a check belonging to a 53-year-old Cohasset man on Friday (Jan. 29) to pay for \$126.55 in groceries.

Dispute

A 65-year-old Cohasset resident reported to police on Wednesday afternoon (Jan. 27) that a neighbor with whom she has an ongoing dispute in her condo complex had passed very closely by her in his pickup truck and could have hit her. She wanted the incident documented, police said.

BUILDING PERMITS

The following building permits were issued recently at Town Hall:

Toll Brothers, 16 Orchard Drive, HVAC vents/basement system, \$12,000; Partridge, 140 Border St., frame, room above garage, \$9,750; Parks, 4 Great Brewster Trail, nine square feet of roofing, \$3,000; Baker, 90 Linden Drive, remodel kitchen and bath, replace windows and siding, \$60,000; Giese, 28 Pond St., new kitchen and bath, \$30,000;

Stevenson, 390 S. Main St., interior remodel, \$150,000; Puzinas, 31 Nichols Road, interior remodel: add office space, \$15,000; Nieves, 109 1/2 Pond St., replace patio door and one window, kitchen and bath remodel, \$28,900; Rosebach, 36 Oak St., enclose porch, \$25,000; Charron, 60 Cedar Acres Lane, bath

remodel, \$6,000; Eames Partners, 1 and 3 Brook St., construct mixed use building, \$800,000;

Sexton, 118 Forest Ave., replace patio slider, \$4,022; CLM Development, 348 North Main St., ductwork for new furnace, \$5,500; Berndt, 16 Ash St., second floor addition, add garage with master suite above, \$250,000; Hassan, 241 Forest Ave., wood stove and liner, \$5,449; Howe Estates Trust, 30 Diab Lane, remove and replace lower roof on condos, \$20,000; Toll Brothers, 49 Walnut Hill Lane, new single family dwelling, \$290,800; Toll Brothers 9 Orchard Drive, two HVAC systems, \$12,762;

Joslin, 465 Jerusalem Road, new garage, \$350,000; TRT Cohasset, 720 Chief Justice Cushing Highway, two exterior signs: My Gym, \$4,000; DiGiovanni, 97 Elm

St., remodel second floor apartment, \$10,000; Toll Brothers, 23 Walnut Hill Lane, install two complete HVAC systems, \$9,267; Crumley, 137 Nichols Road, bath remodel/repair water damaged caused by frozen pipes, \$25,000; KLC LLC, 114 Forest Ave., HVAC: three-zone forced hot air/two furnaces/three bath exhausts/dryer vent, \$7,500;

Schwandt, 18 Mohawk Way, hydro air unit with ducts and registers/bath exhaust duct, \$54,000; New Cook Partners, 22 Eldredge Lane, new single family dwelling, \$350,000; Ford, 559 Jerusalem Road, new single family dwelling, \$356,000; Joyce, 362 Beechwood St., two-car garage with master bedroom above, \$85,000; Bergan, 164 Pond St., finish basement, \$25,275; Toll Brothers, 16 Orchard Drive, HVAC vents/basement system, \$12,000.

DON'T MISS THIS



The dropbox at the edge of the driveway at Town Hall. WICKED LOCAL PHOTO BY MARY FORD

What to know about Town Hall dropbox

1. The Dropbox provides free 24/7 drop off for Town Hall payments and correspondence as a convenience for residents.
2. It does NOT provide proof of delivery, particularly for Assessing applications.
3. If you need to meet a deadline, go to the appropriate department and get a date/time stamp as proof of delivery.
4. On days Town Hall is open, last pickup is 3 p.m., Friday 12 p.m. Items are sorted and delivered to Town Hall departments on the same day.



Cohasset Kennel

Safe, Clean and Fun!

Full Service Boarding and Daycare

- Individual indoor/outdoor runs
- 3 large play fields for supervised group play
- Separate quiet cat boarding
- Tours are welcomed

Call to book your stay!
781-383-1475

235 Cedar Street, Cohasset, MA • CohassetKennel.com

Local Cohasset Tutors Math, Writing & Test Prep

Dr. Katie Zandbergen, PhD Oxford University, Writing
Carissa Daniels, BA Boston College, Math

- Improve your skills and test scores
- Personalized lessons to your learning Style
- Boost your college admissions odds

Email tutor@admitster.com or
call 1-800-803-1541

ADMITSTER.COM

**"I lost 17.4 lbs and
10% body fat!"**

Take Our **12 Week**
BODY TRANSFORMATION
CHALLENGE

Donna Wray
Age 59, Library Assistant
Lost 17.4 lbs and 10% body fat

For career and franchise opportunities visit
www.getinshapeforwomen.com

GET IN SHAPE
FOR WOMEN

Small Group Personal Training

FREE WEEK TRIAL

New clients only. Offer expires 2/29/16.

CALL NOW (877) 304-4567

ON STAGE

Curtain rises on 'Briefs III'

Cohasset Dramatic Club presents "Briefs III" on at 7:30 p.m. on Friday, Feb. 5, and Saturday, Feb. 6, at the Cohasset Town Hall Theatre.

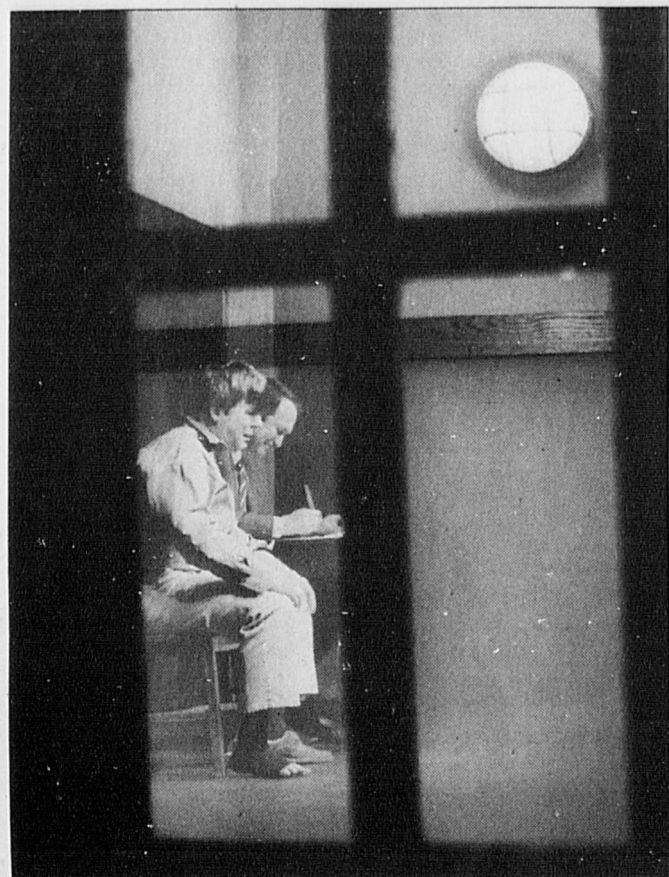
The third annual festival of 10-minute plays features seven original works ranging from the comedic to the dramatic. Directors and actors from throughout the metropolitan Boston area are featured, as well as works from award-winning playwrights from across U.S.

Tickets are \$20, which includes cabaret-style seating, complimentary snacks, dessert and beverages. Tickets can be purchased by calling 617-922-0280, or online: brownpapertickets.com/event/1149495, or at the door. For more information, visit: cohassetdramaticclub.org

STAFF PHOTOS BY CHRIS BERNSTEIN



Producer Lisa Pratt (L) and Technical Dir. Mark Bono (R) at Cohasset Town Hall, during dress rehearsals for "Briefs" a group of mini-plays.



Actors Ted Lillys of Duxbury (L) and Ken Carberry of Milton (R), reflected in the town hall doorway during dress rehearsal for the short play 'For Pete's Sake' an objectively light hearted tale of a near death experience, written and directed by Duxbury resident Jonathan Markella.



Angi Walsh of Cohasset, as Dr. Cooper, in the short play 'Small Talk'.



Actors Anastasia O'Brien and Mike Whalen rehearse the short play 'Scripted'.



Director Kelly Hines (center left) awaiting on stage rehearsal time for the short play 'Amenities' with cast L-R, Dan Toomey of Cohasset, Ellie Baumgarten, of Cohasset, Zele Avradopoulos, of Hingham, and Paul McCuen of Marshfield.



Ted Lillys of Duxbury, on the edge of it all, as John, in the short play 'For Pete's Sake'.



Mark Alves as the UPS man opposite Katy Downey as Rachel in the short play 'Small Talk'.



Director Anne Gardner watches with excitement as her actors rehearse the short play 'Scripted'.

SCHOOLS

Business manager heading to Hull

By Amanda C. Thompson
athompson@wickedlocal.com

Dave DeGennaro, business manager for the Cohasset school system, announced in January that he would be leaving the district to take a new position in Hull.

Officials aren't waiting until his seat gets cold. In fact, they'd prefer to see some overlap in management so that the new hire

has an opportunity to learn from DeGennaro before he departs. This gives them until Feb. 29th to make a decision.

For now, the administration is only looking for an interim business manager. The hiring process for a permanent manager will be far less abbreviated. Applications for both the interim and permanent position are now being entertained, with a deadline of Feb. 12th for

Applications for both the interim and permanent position are now being entertained, with a deadline of Feb. 12th for interim applicants.

interim applicants.

Superintendent Barbara Cataldo reported to the School Committee on Feb. 3rd that she had already received over half a dozen responses. She is connecting with applicants daily, as soon as their emailed

letters of interest arrive in her inbox.

The School Committee shared her sense of urgency and delegated a temporary subcommittee to review résumés over February vacation week.

"Getting an interim is our

number one concern right now," said board member Katie Dugan, who will serve on the subcommittee with Chairman Jeanne Astino.

If the timeline irons out as they hope, the subcommittee will be able to present a shortlist of finalists to the full committee in time for it to deliberate at its Feb. 24th meeting. All members agreed that it would be even better if they

could find a strong candidate who wanted to start even earlier.

When the time comes, the same subcommittee will review applications for the permanent business manager position. DeGennaro has not yet been available for comment.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

CONTRACT

From Page A1

Like most districts, Cohasset compensates teachers based on a system of steps and columns. For every year that a teacher stays in the district, he or she moves up a step for a maximum of 15 steps. Each step translates to an annual 3.5 percent raise. Under the new contract, this is being honored.

Teachers move through the columns by furthering their education and professional development. The district even offers funding to help teachers do this. Like steps, columns also come with a percentage raise for every level gained. And like steps, columns will be honored under the new contract.

In addition, teachers are given a 2 percent "cost of living" increase each year. So even if a teacher does not advance to a new column, he or she is looking at a 5-1/2 percent increase in pay.

Already, it's clear where this system becomes unsustainable. Under Proposition 2-1/2, the town can't increase taxes by more than 2-1/2 percent in any given year

unless Town Meeting votes in favor of an override that also passes at the ballot box.

And that's before factoring in what happens when a teacher advances to the highest step and column but is still working in the district. Contractual obligations past the 15th year were part of the drawn-out negotiations, though they were just one of many sticking points. The parties settled on a 6 percent increase to be meted out over three years (the life of the new contract).

"The bottom line," Senior said, "is that proposals far exceed the amount of money available for the schools next year." It's up to the schools, he said, to figure out how they can move around dollars within their own budget to support the commitments they've made.

Astino thinks it can be done.

"The budget will fund the contract," said Astino. "It's just a matter of how we allocate various cost centers. Will cuts be needed? I don't know. It's a living, breathing document and still at the very beginning stage. The budget book that went out last week isn't the Bible;

we'll continue to work on it."

This early in the budget cycle, Astino said, line items are more of a "wish list." Now that the list has been compiled, officials will comb through to determine which items are necessary. Some will be moved or removed. Others may be covered by funds in a revolving account.

While little is set in stone at this stage, there are two things Astino doesn't think will happen. First, she doesn't believe that the town will cut services or employees to funnel more dollars into the schools. Second, she doesn't believe that an override will be put forth, though some individuals have indicated that they would support it.

What she can promise is this: "We have made commitments to parents about number of teachers at each grade level," said Astino, "and we plan to honor those."

On the town side, officials aren't so confident. After all, it hasn't been that long since Cohasset's financial reputation was, well, not as good as it is today, and it's taken a lot of hard work to polish it up.

"The town is committed to straightening its financial

ship," said Steve Gaumer, chairman of the Board of Selectmen. "This contract, if we honor it, would bust out of the budget. I don't see where more money exists. Either you have an override, or you choose: what are you going to cut?"

Gaumer elaborated, "Since 80 percent of the budget is people, you're really asking, 'who are you going to let go?' Firemen? Policemen? Are you going to cut back on ambulance hours? Close the dump except on weekends? We're concerned about it."

The school budget technically comprises 61 percent of the total town budget. Within that 61 percent, the schools are free to move items around as much as they like to cover different purposes across the town's three schools.

But as far as teacher compensation goes, the school budget only covers salary. The town, not the schools, picks up insurance premiums for teachers and, if applicable, their spouses and children. The town, not the schools, sets aside funds toward pension obligations. And the town, not the schools, must meet healthcare obligations for

retired teachers.

In reality, the percentage of public money going to the schools is closer to 70 percent, according to Gaumer. He is loath to place more of a burden on the town's limited tax base, since so many are retired and living on fixed incomes, or families with several kids who are struggling to stay afloat.

While individuals in town may be wealthy, Gaumer doesn't believe Cohasset is a "wealthy town," and he wants to be sensitive to that. The pie can't be expanded infinitely. Building a bigger pan by having an override would only stretch the filling thinner.

But he is careful not to paint it as an "us-versus-them" scenario. Both the selectmen and the School Committee recognize the repercussions of this contract, and both have said they're prepared to buckle down over the coming months to find a solution that works for both the district and the town.

Look for more on this issue in an upcoming edition of the Mariner.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

NOTICE

Businesses, landlords Form of List

The Cohasset Assessors' Office has requested a Form of List to be completed by any person who owns or conducts business or owns rental property in the Town of Cohasset for Fiscal Year 2017. In accordance with Massachusetts General Laws Chapter 59, Section 29 the deadline for filing is March 1. Failure to timely file this return could adversely affect the owner's right of appeal.

The Assessors' appreciate your cooperation in providing the necessary information. Reminder postcards were mailed to businesses in town. The Form of List is available online at: cohassetma.org Select Forms Tab, Search: Form of List

For further information, please contact the Assessors' Office at (781) 383-4114 X124.

Whether you're looking for the right job or looking to fill a job

Wicked Local Jobs

will get the job done.

SUPPORT
AMERICAN HEART
MONTH AND SAVE!

FRIDAY, FEBRUARY 5 IS NATIONAL WEAR RED DAY®. CELEBRATE WITH US!

WEDNESDAY, FEB. 3-MONDAY, FEB. 8

GO RED WITH MACY'S
GET AN EXTRA
25% OFF*

TWO WAYS TO SAVE 25%*

WEAR RED WHEN YOU SHOP AT MACY'S OR, PURCHASE A RED DRESS PIN FOR \$3
100% OF YOUR PIN PURCHASE BENEFITS GO RED FOR WOMEN®

EXTRA 25% OFF* SELECT REGULAR, SALE & CLEARANCE PURCHASES THROUGHOUT THE STORE; OR,
EXTRA 15% OFF* SELECT REGULAR, SALE & CLEARANCE HOME ITEMS,
JEWELRY & ALL SALE & CLEARANCE WATCHES. *EXCLUSIONS APPLY; SEE BELOW.

MORE THAN \$55 MILLION RAISED. 285 LIVES SAVED EVERY DAY*. THAT'S HOW MACY'S GOES RED FOR WOMEN.

JOIN US IN SUPPORT OF GO RED FOR WOMEN, LEARN MORE AT MACYS.COM/GoRed

BUY ANY OF THE ITEMS BELOW AND A PORTION OF THE PRICE WILL BENEFIT GO RED FOR WOMEN® MOVEMENT.

THALIA SODI

Only at Macy's.
Floral lace dress.
Misses. \$9.50.
★ WebID 2638143.
Macy's will donate 10% of the sale price for every dress sold now-2/29/16.



KENSIE

Only at Macy's.
Lace dress.
Misses. \$9.50.
★ WebID 2623925.
Macy's will donate 10% of the sale price for every dress sold now-2/29/16.



CALVIN KLEIN

Sheath dress with cutout & buckle. Misses. \$134.
★ WebID 2238436.
Macy's will donate 10% of the sale price for every dress sold now-2/29/16.



MACY'S IS A PROUD NATIONAL SPONSOR. GO RED TRADEMARK OF AHA. RED DRESS TRADEMARK OF DHHS. NATIONAL WEAR RED DAY IS A REGISTERED TRADEMARK OF AHA & DHHS.

*Excludes ALL: bridal salons, cosmetics/fragrances, Deals of the Day, Doorbusters/web busters, electronics/electronics, Everyday Values (EDV), furniture/mattresses, Last Act, Macy's Backstage, rugs, specials, super buys, All-Clad, Breville, Dyson, Fitbit, Frye, Hanky Panky, Jack Spade, Kate Spade, KitchenAid Pro Line, Le Creuset, Levi's, Marc Jacobs, Michele watches, Sam Edelman, Samsung watches, Shun, Stuart Weitzman, Theory, The North Face, Tumi, Wacoal, Wüsthof, Vitamix, athletic clothing, shoes & accessories; designer jewelry, gift cards, gourmet foods, jewelry trunk shows, payment on credit accounts, previous purchases, restaurants, services, special orders, special purchases, tech watches, wine. ALL REGULAR-PRICED: Breitling, Céce by Cynthia Steffe, Coach, bridge & designer sportswear, French Connection for her, handbags, jewelry & shoes; Dooney & Bourke, Eileen Fisher, Emporio Armani, Gurkha, Henckels, designer impulse, Juicy, Karen Kane, Lacoste, Lalique, Lauren/Polo/Ralph Lauren/Denim & Supply, Lladro, Locker Room By Lids, Marchesa, Michael Aram, MICHAEL Michael Kors/Michael Kors, NYDJ, Oval Room, premium denim, products offered by vendors who operate leased departments in any of our stores including: Burberry, Dallas Cowboys merchandise, Gucci, Longchamp, Louis Vuitton, New Era, Nike on Field; Robert Rodriguez, select licensed depts., Sperry, Spanx, sterling flatware, Swarovski, 28 Shop, Vera Wang, Vince Camuto for her, watches, Waterford china/crystal/silver; PLUS, ONLINE ONLY: baby gear, kids' shoes, Allen Edmonds, Birkenstock, Hurley, Johnston & Murphy, Merrell, RVCA, Tommy Bahama. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES. EXTRA SAVINGS & BUY PIN OFFER VALID THROUGH 2/8/2016.

***Statistics provided by American Heart Association.

NW 011 3386663

Jobs
wickedlocaljobs.com

AROUND TOWN

Two cute cousins make their debut

Hello, February

Hey there Cohasset and welcome February 2016! According to that chubby rascal, the Groundhog Dude, we are expecting an early spring. What are your thoughts? The beginning of this week was beautiful with short sleeves and shorts being seen, surfers having a field day in Nantasket and the kiddos in school wishing they had a day off.

New England is beautiful no matter the season and in my eyes, we live in one of the most special parts of them all. Enjoy the moments, live each day to its fullest and take Mother Nature's gifts in whatever way she unwraps them. 1-4-3 everyone!

New cousins

Wait until you read this awesome and wonderful story that will leave you smiling like it did with me. There is plenty of baby excitement in Cohasset!

John Hans McLoughlin was born January 13th, weighing 9 lbs. 6 oz. and 21 inches long. He is the first child of **Suzanne and Matthew McLoughlin**, both of whom grew up in Cohasset and now live in Cambridge. John's grandparents are **Marianne and Steve Lynner**, formerly of Cohasset and now Watch Hill, R.I., and **Elizabeth and Maury McLoughlin** of Cohasset and London.

Then, on January 15th, **Andrew James Nothnagle** was born. He weighed 9 lbs. 1 oz., and 21 inches long. His parents are **Dr. Martha McLoughlin and David Nothnagle**, who live in Charlestown where Andrew joins his sisters **Elizabeth and Grace** and big brother **Charles**. Andrew's grandparents are also **Elizabeth and Maury McLoughlin**, and **Taffy and Jeff Nothnagle** of Cohasset.

Mass General Hospital, where the boys were born, kept the babies in separate



JENNIFER PIEPENBRINK

wings of the nursery to avoid confusion, but you can be sure these cousins will be best friends!

For so many of us, knowing the grandparents and parents, the congratulations to both sides are flowing and we all welcome the babies to your families and the communities both here and where they now reside.

Derby

Another congratulations to be sent out to **Will McInerney** in Grade 7, who received First (High) Honors at Derby Academy in Semester 1 this year. As you can imagine, his family and friends are so proud and wish him all the best as he continues on through the year. Great job, Will.

On stage

Looking for something to do this weekend with your "significant other" or friends etc? Well, for this two performances only, come and see "BRIEFS," A Festival of Ten-Minute Plays. A great night, great people all at a wonderful price, not to mention the talent. Get your tickets by reservation at 617-922-0280 or at the door, one hour prior to each performance. For more, check out page 4 in your Mariner.

UNH

The following Cohasset students has been named to the Dean's List at the University of New Hampshire for the fall semester of the 2015-2016 academic year:

■ **Francesca Genello** has earned High Honors
■ **Peter Hinman** has



Andrew James Nothnagle and John Hans McLoughlin are cousins and already best buddies. COURTESY PHOTO

earned Honors

■ **Erin Driscoll** has earned

Highest Honors

■ **Melinda Kissick** has

earned Honors

■ **Shelby Silvia** has earned

High Honors

■ **James Redfield** has

earned Honors

Students named to the Dean's List at the University of New Hampshire have earned recognition through their superior scholastic performance. Highest Honors are awarded to students who earn a semester grade point average of 3.85 or better out of a possible 4.0. Students with a 3.65 to 3.84 average are awarded high honors and students whose grade point average is 3.5 through 3.64 are awarded honors.

Tufts

Derek Benson, Class of 2018, has earned dean's list honors for Fall 2015 at Tufts University.

Dean's list honors at Tufts University require a semester grade point average of 3.4 or greater.

Choate

Catherine Lane Schwartz, daughter of Jeff & Leigh Schwartz of Cohasset has been named to the dean's list for the fall 2015 semester at Choate Rosemary Hall.

To qualify for this honor, Catherine had a grade point average of 3.5 or high.

Massasoit

Marisol Judith Barzey of Cohasset has been named to the dean's list at Massasoit College.

Colby

The Dean's List at Colby is highly selective. Colby students with a grade point average of 3.70 or higher were named to the Dean's List for their outstanding academic achievement during the fall semester of the 2015-16 year.

Hats of to:

■ **Sarah C. Evans** of Cohasset, a member of the Class of 2016, attended Milton Academy and is the daughter of Daniel and Grace Evans;

■ **Julien R. Lauretti** of Cohasset, a member of the Class of 2017, attended Milton Academy and is the son of Luciano Lauretti and Jane Roy.

Hamlet

A free professional performance of "Hamlet" will be held at 3 p.m. Feb. 10 at the Cohasset High School auditorium, 143 Pond St.

All Cohasset residents are welcome, free of charge. This

matinee performance by the Boston Theater Company is made possible in part by a grant from the Cohasset Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency.

This unique production of the Shakespeare classic will feature a female actress in the starring role, in an adaptation carefully crafted to showcase powerful women while maintaining the show's original themes. There are six actors who play a total of nine roles. Boston Theater Company's production of "Hamlet" has changed the gender of a number of characters.

The show is approximately 60 minutes long. For more information, contact Brittany Foley at bfoley@cohasset12.org.

Boston Theater Company is a nonprofit dedicated to preserving the messages and historical language of classical scripts while making them accessible for modern audiences. The three prongs of our mission are gender-blind casting, an innovative approach to texts, and a robust education program.

Off balance?

Beginning Wednesday, March 16, Cohasset Elder Affairs will be offering

the award-winning program, A Matter of Balance. Facilitated by the Norwell Visiting Nurse Association, this evidenced-based, 8-week workshop offers practical strategies to reduce the fear of falling and increase activity levels in older adults.

Classes will take place on successive Wednesdays, from 1:30-3:30 p.m., through May 4. This grant-funded program is free of charge, but class size is limited. Reserve your spot by calling 781-383-9112.

That is the news for this week Cohasset. Send in all your news, photos and celebration info to me no later than Tuesdays by 2 pm.

Just an FYI. We receive dean's list and honors notices from many colleges and private schools, but not all. If your son or daughter has earned recognition, please share that news directly with us!

We also LOVE new baby announcements with photos if possible. Need birth date, weight, length, names of siblings, parents and grandparents. Emailed photos are fine but glossies can be dropped off at Tedeschi's in the village in our Mariner drop box.

EMAIL: aroundtowncohasset@yahoo.com

MAKE YOUR CHOICE FOR The Cohasset Mariner

"Citizen Of The Year Award"

I would like to nominate: _____

(please type or print neatly)

Cohasset Mariner

"Citizen Of The Year Award"

I believe he/she deserves this award because:

Submitted by:

Name: _____ Tel. No. _____

Address: _____

Fill out form and mail to: The Cohasset Mariner
73 South Street, Hingham, MA 02043
or fax it to 781-741-2931
or email it to mford@wickedlocal.com
Nomination Deadline: Friday, Feb. 12 at 5 p.m.



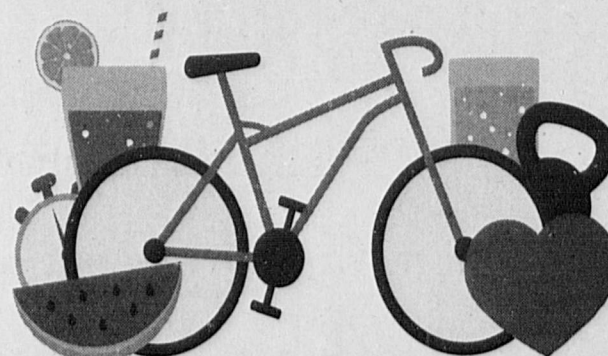
538 Bedford Street (Rte 18)
Abington MA
Fieldstonefurnishings.com
Find us on facebook

Offering artistically painted, refinished
& reimagined furniture & home decor
"This is NOT your grandmother's furniture...
Well, if it is, you won't recognize it!"

Open Thurs - Sun ~ Call for hours 339.788.9208

DON'T MISS OUR

HEALTHY LIVING SECTION

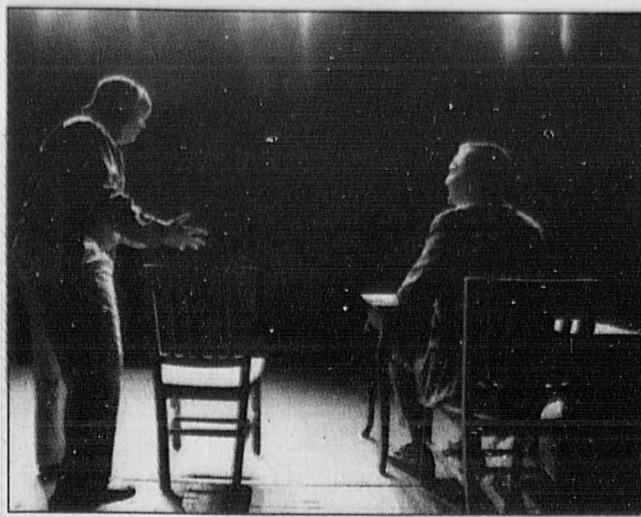


Inside Today's Paper

If you're looking to make some lifestyle changes this year, check out our **Healthy Living** section for the latest on how to improve your health and wellness – with focus on fitness, nutrition and much more.

**WICKED
LOCAL**

5 THINGS TO DO THIS WEEK



Actors Ted Lillys of Duxbury (L) and Ken Carberry of Milton (R), during dress rehearsal for the short play 'For Pete's Sake' on stage this weekend. WICKED LOCAL PHOTO BY CHRIS BERNSTEIN

1 ON STAGE: Cohasset Dramatic Club presents "Briefs III" on Friday, Feb. 5, 7:30 p.m. and Saturday, Feb. 6, 7:30 p.m. at Cohasset Town Hall. The third annual festival of 10-minute plays features seven original works ranging from the comedic to the dramatic. Tickets are \$20, which includes cabaret-style seating, complimentary snacks, dessert and beverages. Tickets can be purchased by calling 617-922-0280, or online: brownpapertickets.com/event/1149495, or at the door. For more information, visit: cohassetdramaticclub.org.

2 LECTURE SERIES: Cohasset Historical Society will continue its Wednesday evening lecture series at 7:30 p.m. Feb. 10 at the Pratt Building, 106 S. Main St. Rebecca Bates-McArthur will talk about the impact of World War II on Cohasset, focusing on the town's contributions to the war effort, including the role of the National Guard, the participation in the USO and the Red Cross. Public is invited to attend and share memories. Light refreshment will be available beginning at 7 p.m. A donation of \$5 is suggested.

3 SHAKESPEARE: A professional performance of "Hamlet" will be held at 3 p.m. Feb. 10 at the Cohasset High School

auditorium, 143 Pond St. All Cohasset residents welcome, free of charge. This matinee performance by the Boston Theater Company is made possible in part by a grant from the Cohasset Cultural Council, a local agency that is supported by the Massachusetts Cultural Council, a state agency. Show about 60 minutes long. For more contact Brittany Foley at bfoley@cohasset12.org.

4 BUTTONWOOD: Buttonwood Books, Shaw's Plaza, will host Hingham resident Monica Tesler at 7 p.m. Feb. 10. Tesler's debut novel "Bounders" is the first book in a new science fiction series for middle-grade kids. Aliens, tools and space food are just a few of the changes that await the first class at EarthBound Academy. For information: 781-383-2665.

5 COOKIES: The Girl Scouts will be at Stop and Shop on "Super Bowl" Sunday, Feb. 7 from 11 a.m. to 3 p.m. If the girls have already knocked on your door and you have bought too much already, remember, they freeze well. Girl Scout cookies make the best end-of-the-year gifts for the bus driver, teacher, classroom mom, sports coach, or music teacher. Still looking for cookies, you can email: Cohasset-cookies@gmail.com.

DOG TALES

Henry: a playful little friend

Ready to add a little spice to your life? Well, I'm Henry, a two-year old Chihuahua who happens to love palling around with other dogs, as well as fully-grown humans. I do like my own food and toys and so small children are not my buddies, if you know what I mean.

I like to think I'm what you humans call house-trained, but I do have an occasional accident. I will get this corrected; I promise you. Some have called me bossy, but we Chihuahuas just like to make ourselves known. Look at my picture. Cute, right? You won't regret taking me home.

Interested? Email at Info@scituateanimalshelter.org or call 781-544-4533

— As told to Bob Ryan, Boston Globe columnist emeritus and ESPN commentator. Calling all dog lovers! Do you want to help dogs like Henry? We are looking for volunteers! Please go to our website to RSVP to our Feb. 7 open house.



Henry is a cute little guy with a lot of spunk. COURTESY PHOTO BY RICH MCSWEENEY

Some have called me bossy, but we Chihuahuas just like to make ourselves known.

SAVE THE DATE

Catmobile offers feline services Feb. 13

The Catmobile, which offers low-cost spay and neuter for cats only, will offer its services Feb. 13 at the Hull Seaside Animal

Rescue, 487 Nantasket Ave. The Merrimack River Feline Rescue Society operates the Catmobile, which is staffed by a licensed

veterinarian and one veterinary technician. The package consists of spay/neuter, rabies vaccinations, exam, nail trim and

treatment for fleas and ear mites. For prices and reservations: catmobile.org; 978-465-1940.

HOLLY HILL FARM

Knitting 101 and Seed Talk and Stone Soup start in Feb.

KNITTING 101: 6 to 8 p.m. Feb. 10, 17 and 24. Carrie Weinstein will be the instructor. During the four-week period, Carrie Weinstein will teach attendees the basic concept of knitting, like how to cast on, knit, purl, bind off and read an easy pattern. Attendees will then apply these skills to begin a simple

cowl. Bring materials. Cost: \$80. For information: 781-383-6565; cprentice-hollyhillfarm@verizon.net.

SEED TALK AND STONE SOUP WORKSHOP: 10 a.m. to noon, Feb. 6. Gather in the warm, sunny greenhouse to make garden plans for 2016. The farmers will share their crop plans

and ideas with the group. Attendees will peruse seed catalogs, discuss strategies and figure out the best arrangement for early season, summer and, even fall plantings. The farmers will have some seeds available to take home, such as beans, carrots and kale. While thinking about all of these warm weather plans,

guests are invited to bring a vegetable and add it to the community stone soup. The stone soup will be simmering on the Bergsten blue wood stove. Plan on enjoying a cup. Cost of workshop: \$12 for members; \$15 for nonmembers. For information and reservation: 781-383-6565, friendsof-hollyhillfarm@gmail.com.

LAST
CHANCE
TO
VOTE!



The 2016 Readers Choice Awards are here!

Look for the ballot in today's paper or vote online at WickedLocalFavorites.com

Deadline for voting is Feb 10, 2016!

Vote for the Best in Town and the Best Around! They can be a winner and so can you!

VOTE FOR YOUR FAVORITES
AND BE ENTERED TO WIN
EXCITING PRIZES!

Grand Prize! The Best of the Best

Beats by Dr. Dre - Pill 2.0 Portable Bluetooth Speaker

Second Prize

Runners-up will win tickets to see
Boston's Favorite Baseball Team

Third Prize

3rd prize winners will receive a
Gift Certificate to a local restaurant
or entertainment event/venue.



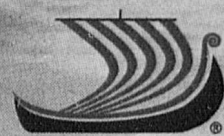
Wicked Local Favorites



@wickedfavorites

WICKED
LOCAL

EMBARK ON A JOURNEY OF DISCOVERY



VIKING
RIVER CRUISES

Exploring the World in Comfort®

2 for 1 Cruise & Up to FREE AIR!

GRAND EUROPEAN TOUR - 14 Nights
Amsterdam to Budapest from \$3,962 pp

ROMANTIC DANUBE - 7 Nights
Budapest to Nuremberg from \$2,056 pp

RHINE GETAWAY - 7 Nights
Amsterdam to Basel from \$2,156 pp

DANUBE WALTZ - 7 Nights
Passau to Budapest from \$2,156 pp

LYON & PROVENCE - 7 Nights
Paris-Rouen-Paris from \$2,156 pp

Book Before Feb. 29, 2016 & Receive FREE Cancellation
Coverage for Any Reason Up Until Departure!

FREE
Door to Door
Airport
Town Car
Service!

Call Cruise Travel Outlet for Viking's Latest Offers

1-866-867-6538

Valid on new bookings only as of Jan 8, 2016, subject to availability and may not be combinable with any other offers except Viking Explorer Society Travel Credits and Referral Rewards. Offers expire Feb. 29, 2016. Up to FREE air valid on 2016 Europe River Cruises. FREE air based on departures from BOS, EWR, NYC, PHL, PIT or WAS in Mar, Apr, Nov & Dec; other gateways and months higher. Free air applicable for CAT D & above. CAT E and F receive \$1,000 off per person. Add'l restrictions may apply. Viking reserves the right to correct errors and to change any and all fares, fees and surcharges at any time. Prices are based upon lowest price point and category at time of print and are subject to change without notice. Additional terms and conditions apply. See Passenger Ticket Contract at vikingrivercruises.com (US) or vikingrivercruisescanada.com (Canada). CSTW202544-40

SABLE

From Page A1

The Mass Juvenile Court handles delinquencies for minors aged seven to 17, care and protection cases – including termination of parental rights, and the aftermath of such a decision – and “children requiring assistance,” such as truants or children with unmanageable behaviors whose parents have asked the courts for help.

“Linda has had an exceptional career as an attorney in the Commonwealth, specifically with regard to her commitment to the juvenile justice system,” Governor Charlie Baker said in a January press release. “We are certain her experience and understanding of the privilege of this service will make her a valuable addition to the Massachusetts Juvenile Court.”

In the same release, Lieutenant Governor Polito said, “We are confident that Attorney Sable’s strong

management skills will allow her to balance the large caseloads of this court while being mindful that swift access to justice and the opportunity to impact children’s lives in a positive way are of the utmost importance.”

“The shift,” said Sable, “is that a lawyer represents the position and interests of their clients. They zealously advocate for what their clients want. Now I will listen to both sides.” But she feels that her experience as an advocate will help her understand the situations brought before her in order to make the best choice.

“It’s an odd transition, though,” Sable admitted. “It does have a social impact.”

She has always felt close with the juvenile bar – that’s the group of lawyers who are practicing in a certain area. Her colleagues and friends in the bar were part of the reason Sable chose this path.

“The lawyers that practice in this area are great people and very passionate,”

said Sable. “There’s a lot of camaraderie in the bar.”

Now, there’s a chance she could be asked to arbitrate between two former colleagues. But that didn’t come as a surprise to Sable; she knew it could happen when she applied, and it’s a challenge she’s willing to face.

Perhaps the bigger challenge is letting go of her own practice. Unsurprisingly, Sable forms a deep bond with those whose cases she represents, and she is taking the next month to reassign those 65 cases to the right representative.

After that, she will be on the road for a month, training under another judge. The nomadic month is designed to acclimate new judges to unfamiliar areas, whether urban or rural, and to give them experience in as many different environments as possible.

Sable will eventually be assigned a presiding location, but that assignment is far from permanent. Her jurisdiction now is the

entire state. “Wherever they need me,” said Sable, “I’m ready and willing to go.”

Sable was raised in Livingston, N.J. and graduated cum laude from UMass Amherst before obtaining her JD from Vermont Law School in 1987. Sable began her legal career in 1988 as a Plymouth County Assistant District Attorney trying cases in District, Superior and Juvenile Courts.

She was also the regional coordinator for the Committee for Public Council Services children and family law program. For five years, she helped mentor and train other attorneys in the region. But with her new appointment, this torch, too, will have to be passed.

Regarding the appointment, Sable said, “I’m excited and a little bit nervous. I’m very cognizant that I want to do a good job and be worthy of this position and opportunity.”

—Follow Amanda on Twitter for updates: @MarinerAmandaT



Linda Sable has been appointed to the Massachusetts Juvenile Court as one of 41 associate justices. WICKED LOCAL STAFF PHOTO / ROBIN CHAN



Chris Castro replaces a light bulb on a school bus that had blown while checking to make sure each bus is OK. WICKED LOCAL STAFF PHOTOS / ROBIN CHAN



Chris Castro checks out his to-do list at the start of his shift in his shed where he keeps his supplies.

CASTRO

From Page A1

help diagnose larger issues and determine whether the bus does, in fact, need to pay a visit to New England Transportation.

“Seven of them are exactly the same bus,” he pointed out, “so that makes it easy. If something

breaks, I always order a spare because another one might need it.”

As for the two buses that are owned by the town, they’re seeing less road-time now that the leased buses are going to Tyngsboro less frequently, but Castro still makes a point of checking them every week.

Chris Castro has 25 years of experience with tractor trailers and hauling automobiles.

Castro also helps get the buses going on cold mornings before he commutes

into Boston. So far, the weather has been on his side; getting the buses started at temperatures as low as 16 degrees has not been an issue. He just shows up 20 minutes before the drivers and gets everything going, checks that it’s all running well, and fires up the heaters.

Castro has 25 years of

experience with tractor trailers and hauling automobiles. Plus, he has his own equipment and does repairs at home for his own vehicles. He started working for the Cohasset School District on Jan. 8th, 2016.

“The experience level I need for this job is exactly the experience

level I have,” said Castro. A 20-year resident whose three kids all grew up in the Cohasset school system, he added, “It works with my schedule and I’m able to help out a little bit.”

—Follow Amanda on Twitter for updates: @MarinerAmandaT

Give the unique gift of a special memory...

Purchase reprints of your favorite photos taken by our photographers that appear in our newspapers. They’re just a phone call or click away.

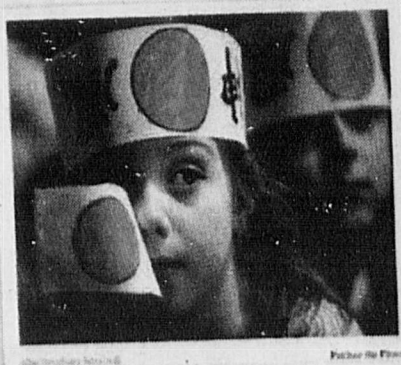


Photo reprints

Call 1-866-746-8603 for Photo Reprints. Call 508-626-3990 for Back Issues. Visit www.wickedlocal.com

Please note that we can only offer reprints of photos that were taken by our staff photographers. We cannot offer any photos that appear as courtesy or submitted.

WICKED LOCAL



Herb Chambers



LINCOLN

New 2015 Lincoln
MKC
Vin# 5LFUJ46843



Leather Heated Seats • Remote Start
• Backup Camera
\$239 Per mo.
Lease For 36 mos.

*Lease is for 36 months, 10,500 miles per year w/ approved credit. \$0 security deposit required. COD includes: \$3,400 cash or trade down, \$645 acquisition fee, \$239 1st mo. pymt. and plates/ title fees, \$4,284 due at signing. Taxes not included.

New 2016 Lincoln
MKZ
Vin# 3LGR610252



Leather • 2.0-Liter Eco-boost
• Remote Start
\$249 Per mo.
Lease For 36 mos.

*Lease is for 36 months, 10,500 miles per year w/ approved credit. \$0 security deposit required. COD includes: \$3,600 cash or trade down, \$645 acquisition fee, \$249 1st mo. pymt. and plates/ title fees, \$4,494 due at signing. Taxes not included.

All-New 2016 Lincoln
MKX
Vin# 2LGBL28932



All Wheel Drive • Leather seats • Backup Camera
• Climate package
\$399 Per mo.
Lease For 36 mos.

*Lease is for 36 months, 10,500 miles per year w/ approved credit. \$0 security deposit required. COD includes: \$4,500 cash or trade down, \$645 acquisition fee, \$399 1st mo. pymt. and plates/ title fees, \$5,544 due at signing. Taxes not included.

New 2016 Lincoln
NAVIGATOR
Vin# 5LGELO4483



Navigation • Moonroof • 3rd row seats
\$639 Per mo.
Lease For 36 mos.

*Leases is for 36 months, 10,500 miles per year w/ approved credit. \$0 security deposit required. COD includes: \$6,900 cash or trade down, \$645 acquisition fee, \$639 1st mo. pymt. and plates/ title fees, \$8,184 due at signing. Taxes not included.

Herb Chambers Lincoln

85 Granite Street • Route 37 • Braintree, MA 02184 • (855) 278-6527

HerbChambersLincoln.com

SALES: Monday-Thursday 8:30am-9:00pm
Friday-Saturday 8:30am-6:00pm
Sunday 11:00am-5:00pm

SERVICE: Monday-Friday 7:00am-6:00pm
Saturday 7:00am-4:00pm



SALES: Monday-Thursday 8:30am-9:00pm | Friday 8:30am-8:00pm | Saturday 8:30am-6:00pm | Sunday 11:00am-5:00pm

*Prices include all costs to be paid by consumer except tax, title, \$349 doc fee extra. Zero security deposit required. With approved credit. Expires 2/1/16.

MEN OF HARMONY

Singing their way into your heart

By Ruth Thompson
rthompson@wickedlocal.com

If on Feb. 13 or 14 a quartet of unfamiliar men come to your door and break into song, don't be alarmed. It means someone has sent the South Shore Men of Harmony to relay a special Valentine's Day message, complete with a rose and a card from your sweetheart.

Marshfield's Joe Kodzis, 57, who has been singing with the organization for 18 years, enjoys going out with the barbershop quartet and performing singing on Valentine's Day.

"We go everywhere from schools, restaurants, hospitals, to even barbershops," he said. "It's a great time showing up to surprise and sing for people. Their reactions are priceless."

The Valentine's Day program is one of chorus' most popular.

"Last year, the Valentine program was wiped out by the snow," said Father Wendell Verrill, 78, of Hingham, who has been a member of the chorus for a decade. "The year before that we fulfilled 16 singing Valentines requests with three quartets. This year we expect about 10 or 12 visits with two quartets."

In barbershop arrangements, Verrill said the tenor line is very high and only a few can sing it.

"Thus, at the moment we have only two tenors, which limits our quartet availability."

The South Shore Men of Harmony started in Scituate in 1961 and is the Scituate

chapter of the Barbershop Harmony Society, which numbers about 30,000 members.

The group moved to Hingham 25 years ago when the Hingham Community Center offered them a space.

There are 30 members on the roster of the South Shore Men of Harmony, according to Verrill, but only 23 are active as of this date.

"At one point in the '70s we had close to 100 members," he said.

The group meets every Tuesday for what member Wayne Pitts calls "a well-directed, two-hour session of singing in harmony together, learning and perfecting musical skills, and rehearsing for upcoming performances."

"We practice as both quartets and a full chorus," he said. "The scope of activities available to members extends from competing in international contests to singing a romantic medley and presenting a rose to one special Valentine's Day sweetheart at her home or at work."

Pitts, 76, a Braintree resident, has been a member of the chorus for six years. He joined because he found the music and the fellowship much to his liking.

"I had no prior musical training, but was welcomed by the chorus and invited to give it a try and sing along," he said. "I sing baritone. My brother, Bob, sings lead and his grandson, Aaron Christian, also sings with our chorus. It's a hobby

that grandfathers, sons, and grandsons can all enjoy."

The South Shore Men of Harmony is not just about delivering romantic Valentine's Day messages. They perform throughout the year for local civic organizations, veterans' groups, assisted living and senior centers, town libraries, and at summer and holiday concerts, among other events.

"We have sung the U.S. and Canadian national anthems for the Red Sox at Fenway Park, as well as Brockton Rox and PawSox," chorus director Ken Siroonian said.

The group also attends harmony workshops and raises funds to support youth in harmony programs.

A resident of Rockland, Siroonian said he is 63 years old, "but barbershop harmony singing makes me feel 40."

He has been involved with the chorus since 1982 after being invited to a barbershop show by the father of a friend of his.

"I thought the sound was amazing," he said of the quartets he saw that day.

Siroonian's friend's father, who was a member of the Scituate chapter of the South Shore Men of Harmony, later invited him to a chapter meeting in Scituate.

"To be honest, I was not a singer," Siroonian said. "I was a woodwind instrumentalist, but I went to the rehearsal and enjoyed the harmony, camaraderie of the group, and the director teaching me songs and I got hooked."



Tony Carbone of Cohasset, Joe Kodzis of Marshfield, Chris Bailey of Pembroke, and Jack Eisan of East Bridgewater practice one of the songs that they would sing for the Singing Valentine's. WICKED LOCAL STAFF PHOTO/ROBIN CHAN

Verrill, a retired Catholic priest, joined the chorus because he always enjoyed music and sang with a barbershop group in the seminary.

"My second cousin was a faculty member at the seminary and coached us," he said. "He was well known every Thanksgiving when three of his group sang with Cardinal Cushing at the annual charity dinner at Blinstrub's Restaurant in South Boston."

Verrill has always enjoyed harmony because he said he could sing most parts by ear.

For Pitts, it's entertaining seniors and those who are shut-in at care facilities that bring him the most satisfaction as a chorus member.

"To this audience, we sing familiar old favorites in ringing barbershop harmony that they comfortably relate to," he said. "The time and talent we give in this setting is really appreciated as evidenced when frequently they join in. These performances uplift the audience and raise our spirits as well."

Siroonian enjoys working with the men in the chorus

to create the harmony in the music they enjoy singing and performing.

"I guess I got hooked on the art form, as well as the wonderful people who make up this great international organization," he said. "It is definitely a G-rated family hobby, and that means G for Great."

All the members enjoy singing and it is a real brotherhood, Verrill said.

"We like the challenge of learning the notes and words by memory, and singing correctly as to tone and pitch so as to accomplish the goal of close, pleasing harmony," he said.

And what are some of their favorite tunes to sing?

Siroonian is a fan of patriotic songs, as well as up-tunes, ballads, and spiritual songs, he said, adding some of his favorites include the U.S. and Canadian national anthems in a four-part harmony, "God Bless America," and "White Christmas."

Pitts said as the chorus sings many songs, picking a favorite is difficult, but he did say he has always been partial to "Somewhere Over

Singing Valentines

For \$60, a barbershop quartet will sing three old-fashioned love songs. A rose and a card from are also presented. Quartets are available from 2 to 8 p.m. Feb. 13 and 14.

Based in Hingham, the South Shore Men of Harmony have been active since 1961 as a chapter of the International Barbershop Harmony Society.

Orders can be taken through Feb. 8. To order: 339-205-8352; southshoremenofharmony.wordpress.com.

the Rainbow."

Kodzis' favorite barbershop-arranged songs are "Hello, Mary Lou," "Let Me Call You Sweetheart," "Lida Rose," and "Coney Island Baby," he said.

"I hope more people become aware of this great American musical tradition," Kodzis said.

—Follow reporter Ruth Thompson on Twitter @scituateruth

GIMME SHELTER

Please come and meet Fiona

By Tammy Hatch

Meet Fiona, a 7-month-old dark haired Tortie with orange eyes, half orange/half black face, beautifully sculpted upright ears and long lean double front paws. She was surrendered by a single mom who got Fiona as a kitten for her young son.

The mother reported that having a kitten was a lot more work than she'd anticipated and found herself more stressed with this new addition to their home. Fiona didn't make the adjustment to shelter life very well taking nearly a week before she finally let her guard down and engaged with shelter volunteers. She was moved to a room without roommates so that she could acclimate at her own pace.

She's come out of her shell and seems to be very happy in her very own sunshine filled space where she's enjoying the peace and quiet. Fiona is a petite girl, one who not only holds her own well, but seems to prefer it that way. She is very picky and likes things on her terms.

Fiona is a true alpha

female and alphas are well known to treat their owners as though they are here to cater to their whims or not the other way around. She's a very self-assured littler lady, one who isn't going to come running when called, rather she's going to say "take a message and I'll get back to you later." Fiona also has an endearing feisty side to her that won't leave you second guessing that's for sure.

We think this little princess would do best in a home where there is a predictable routine, owners who will respect her temperament and she won't have any competition in her personal space. If you are considering a sweet new addition, one who holds her own but will return your love tenfold, then you need to come and meet Fiona.

You can learn more about Fiona and the other cats and kittens we have available for adoption by visiting us online at www.hsar.org or by visiting us at our new location, 487 Nantasket Ave., Hull. Open hours are Monday nights, 6:30 to 7:30 p.m.,

and Saturdays, 2 to 3 p.m. If these times are not convenient for you, special appointments can be made by calling our adoption coordinator, Judy, 781-534-4902.

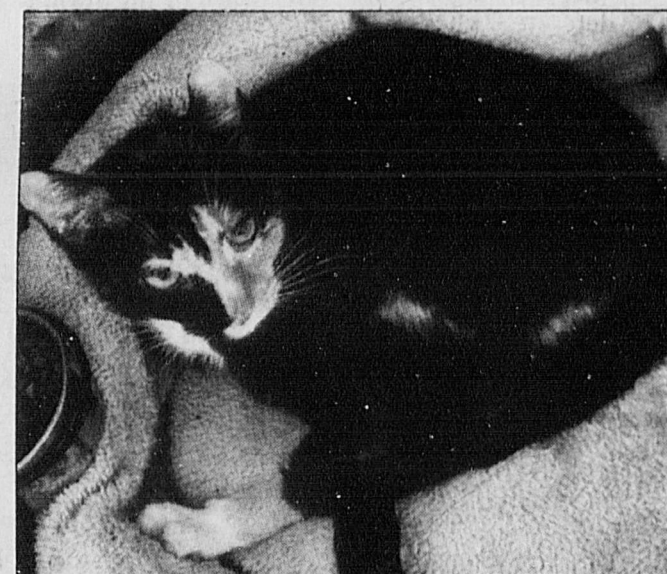
Calendars

The 2016 Kittendales calendar is in its 9th year of raising money for HSAR. We rely solely on monetary donations as well as support from our fundraisers, including our biggest fundraiser, Kittendale calendar sales! HSAR is a non-profit community resource. We are not connected with any town or government agency.

We take in cats like Fiona who come from households which can

no longer care for them, although the majority of the cats in our care are rescued. They are the neediest of animals, often requiring urgent medical treatment. All monies raised from calendar sales goes directly to providing the funds necessary to enable us to carry out our mission. Kittendales can be purchased on-line at www.hsar.org and are also available for purchase at Toast Restaurant in Hull and at the shelter. The cost is \$20.

We are a 501(c)(3) non-profit charitable organization. All donations made to us are both federal and state tax-deductible and every penny of every



Fiona is a petite girl, one who not only holds her own well, but seems to prefer it that way. COURTESY PHOTO

donation is used in caring for cats. Won't you consider purchasing a calendar or making a tax-free donation today.

—Tammy Hatch is a Volunteer and Board Member at Hull Seaside Animal Rescue.



SCHOOL VACATION ON CAPE COD

Enjoy fun for the entire family. Take a trip to the Outer Cape and stay at the Four Points by Sheraton Eastham Cape Cod. Enjoy a week of fun-filled activities such as:

Monday, 2/15 at 3 - Creature Teacher
Tuesday, 2/16 at 4 - Audition Presentation
Wednesday, 2/17 at 6:30 - DJ Dance Party
Thursday, 2/18 at 3 - Raffles/Bingo Show
BINGO for kids - Monday, Tuesday & Thursday at 7PM
Complimentary Kid's Lunch Served on the pool deck 11:30am-12:30pm Mon. thru Thurs.

CALL 800 710 6133 AND MENTION CODE SCHOOL OR
BOOK ONLINE AT FOURPOINTSSEASIDEHAMCAPECOD.COM

Four Points by Sheraton
Eastham Cape Cod
3800 State Highway
Eastham, MA 02542
T 508 235 5000

SPG

PLEASE RECYCLE THIS PAPER

BEST TILE
ANNIVERSARY 1956 - 2016
10 Pilgrim Hill Rd Plymouth, MA (508) 732-8911 BestTile.com

SUMMER.
The best time to advance in **MATH.**

Keep your child advancing in math this summer. Our award-winning approach develops critical thinking and has built excellence in math since 1997. Families of over 15,000 students trust RSM to deliver a world-class math education for their K-12 children.

Summer school enrollment now open.
Call to schedule a **FREE** math evaluation!

RSM
Russian School of Mathematics

RSM-Milton • (617) 383-3461
www.RussianSchool.com

UPDATE

Memorial Foundation honors PJ Trendowicz's legacy

By Dan Trendowicz

His past August marked the 13th year anniversary of my brother Paul "PJ" Trendowicz's passing. PJ passed away in a tragic swimming accident at Cunningham Bridge on Atlantic Avenue when he was just 18 years old. PJ will be eternally remembered as a loyal and loving brother, son, and friend.

In 2007, my fellow Board members and I formed the PJT Memorial Foundation as a way to remember PJ and to ensure that his legacy will have a positive impact on our local community for years to come.

On Aug. 7th, 2015, friends and family gathered at the Pembroke Country Club for the 9th Annual PJT Memorial Golf Tournament. This tournament was created by a group of PJ's friends to serve as an annual reunion, and to remember my brother. Since its inception in 2007, the annual golf tournament has grown year over year in attendance and dollars raised. The trend continued last August as we had more than 150 golfers out on the course and over 200 all together at the post-tournament reception.

I'm pleased to say that this was another record-breaking year, as the foundation was able to raise more than \$50,000! The bulk of the funds raised can be credited to our Silent Auction and Raffle, which were run by Board members Arianna Desilets (Dedes), Kristin de Garavilla (Sheerin), and

Megan Chastain.

PJ was known as a "Man for Others." Community service, youth outreach, and local community sports were all a big part of who he was. It is only fitting that the mission of the PJT Memorial Foundation is to positively impact the local community with a particular focus on youth initiatives. The money we have raised has enabled us to do some remarkable things with several different local charities whose missions align with our Foundation's focus. Past donation recipients include Birthday Wishes, The Massachusetts Soldiers' Legacy Fund, The Social Service League of Cohasset, and Savin Hill Little League.

The money raised from the 9th Annual Memorial Golf Tournament has been donated to the Carolina Hill Shelter (Marshfield), Dream Big (Newton), The Magical Moon Foundation (Marshfield), and the Youth Health Connection at South Shore Hospital.

The Carolina Hill Shelter will use the donation to remake a computer room into a Learning Center where children can do their homework and meet with tutors. They will also be giving their current playground a makeover by adding new equipment, a fence, and sand.

Our donation to Dream Big will help to support the purchase of equipment, uniforms, and sports attire as well as program scholarships for girls from low-income situations.



Paul "PJ" & Dan Celebrating Dan's 13th Birthday in June of 2002. COURTESY PHOTOS

PJ was known as a "Man for Others." Community service, youth outreach, and local community sports were all a big part of who he was.

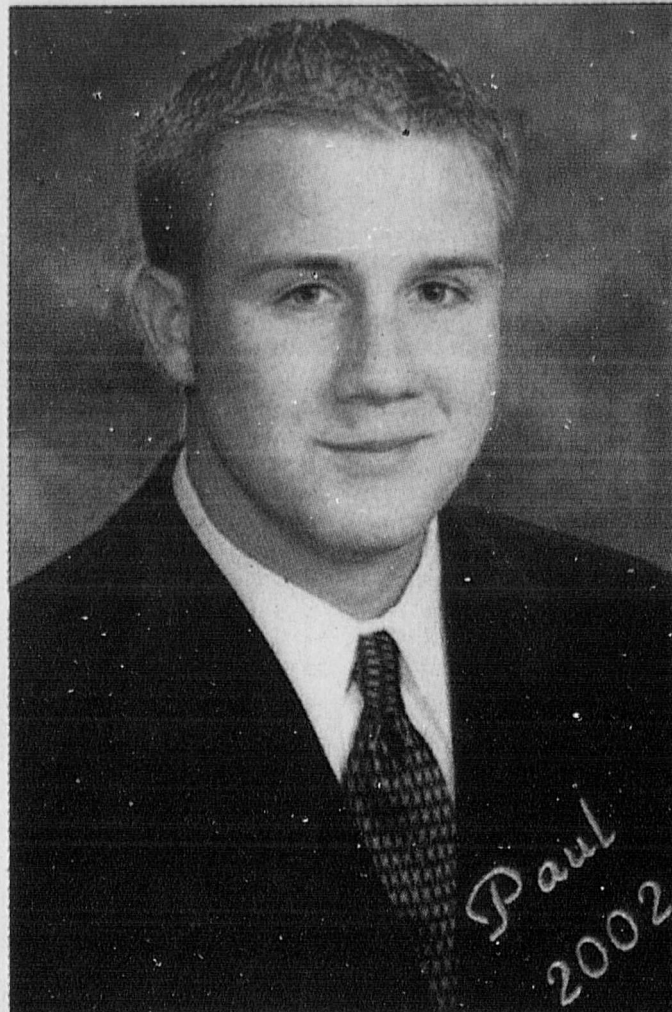
For the second straight year, we are working with Donna Green at the Magical Moon Foundation where we will look to complete the masonry work in the PJT Mystical Kingdom – a child empowerment center located within the grounds of the farm.

The Youth Health Connection will use the funds to bolster their noble mission of making a positive difference in the mental health and physical well being of children, teens, and parents to reduce risk and increase resiliency.

I like to think of this foundation and everyone involved as my family. Unfortunately, this year we lost a few members from our family. We have recently made special donations in loving memory

of Michael Sullivan, Jeff Flanagan, and Robert Gledhill. They are dearly missed.

Through the generous support of many, PJ's Foundation has transformed tragedy and loss into keeping his legacy of kindness, compassion, generosity, and his love very much alive. So, thank you to everyone who has donated and participated over the years. Thank you to all the Board members who dedicate their time and effort into making this event so great. Without you guys none of this is possible. Also, a big shout out to the Johnston family, especially Diane, who has allowed us to hold the reception at her beautiful home in Cohasset since the beginning!



PJ's senior class photo. PJ will be eternally remembered as a loyal and loving brother, son, and friend.

This Foundation and tournament means the world to my family and me. It truly is a testament to my brother to see that he continues to bring people together even after 13 years have passed. Heroes get remembered, legends never die.

For more information on our Foundation please reach out to the President of the Board, Greg Smith, at thepjtfoundation@

gmail.com and be sure to visit: thepjtfoundation.org for information on the golf tournament and donations as well as insight on where your donations go, and our partnerships in the local community. You will also find our trademark "21" hats from this year's tournament available for purchase in case you missed out. Can't wait to see everyone for year 10!

SAVE THE DATE

Special Olympics to host 18th Polar Plunge in March

The 18th Polar Plunge for Special Olympics Massachusetts (SOMA) will be begin at 11:15 a.m. March 5 at the

Mary Jeanette Murray Bath House on Nantasket Beach, Nantasket Avenue.

A costume parade will

begin the event, followed by the mad dash of the 750-or-more brave people into the cold surf at noon at the Mary

Jeanette Murray Bath House on Nantasket Beach. They'll be out, drying off, by 12:02 p.m.

Last year, the severe ice caused the Massachusetts Department of Conservation


to postpone the Plunges, and cancel Revere Beach, adding to the challenge. Nonetheless, the Nantasket Plungers raised more than \$280,000 for SOMA, and they hope to double that this year. Unlike most organizations, SOMA doesn't charge athletes or their families to participate, so these funds are vitally important in providing year-round training and 130 competitions in 24 sports for our 13,000 athletes statewide. Athletes range in age from 2 (Young Athletes Program) to 103. (Yes, the centenarian still competes.)

Captain of the South Shore Mariners Team, Jay Nothnagle, plunging for his 16th time, is a 15-sport athlete, and will be joined by Cohasset plungers and chickens, and those who raise money but

stay dry. Connie Afshar; Elizabeth Laas; Jessie MacDonald; Steve Myers; Jeff Nothnagle, past state board chair; Pat Plante; the Sida Family; Chris Taylor; and Doug Yeager, plus many from other South Shore towns. The funds they raise come back to the local South Shore Mariners program, which has 120 athletes ages 6 to 76 from seven area towns.

Come on down to Nantasket Beach March 5 and support athletes with a pledge. Mail check to your favorite plunger, payable to "Special Olympics Massachusetts" or "SOMA", or online at polarplungema.org, click on Nantasket, then Register/Information, then Sponsor a Participant, type in a plunger's name, and follow the directions.

FEEL LIKE BUILDING PINK SANDCASTLES?



NCL NORWEGIAN Feel Free CRUISE LINE

7 Nights from June-Oct.
From \$574pp • Balcony from \$999pp

Pick Your Included Perk!

- FREE Alcohol • FREE Shore Excursion Credit
- FREE Specialty Dining • FREE Wi-Fi

Kids FREE on Select Dates!

If We Can't Beat Your Best Deal You'll Cruise FREE

Cruise Travel Outlet
A Cruise Holidays Affiliate

BostonBermuda.com
www.BostonBermuda.com • 1-800-498-7245
#1 Agency to Bermuda

Prices are per person based on double occupancy subject to availability and apply to select dates. Government tax and gratuities additional. Offer may be withdrawn at any time.

Stop OVERPAYING for your prescriptions!


Save up to 93%

Call our licensed Canadian pharmacy, compare prices, get \$15.00 off first prescription.


FREE Shipping!

1-800-349-7281

THIS WINTER MOVE TO ALLERTON HOUSE!



NO MORE SNOW WORRIES




- * Spacious studio, 1- and 2-bedroom apartments
- * Chef-prepared meals
- * A range of activities & clubs with new friends
- * Medication reminders & wellness programs
- * 24-hour staff & emergency response system

Allerton House

Assisted Living Communities

Duxbury • 781-679-5040
Hingham • 781-749-3322
Marshfield • 781-834-7885
Quincy • 781-413-7850
Weymouth • 781-413-7850

TOUR TODAY – FOR A RELATIVE, FRIEND OR YOURSELF.



Welch HEALTHCARE & RETIREMENT GROUP

Trusted family name in senior services for over 65 years

www.welchhrg.com

UPDATE

Land ho! for dredging project

The dredging of the Cohasset Harbor channel continues on borrowed time. The project, originally scheduled for completion sometime in November 2015 and with an ultimate deadline of Jan. 31st, could not be completed in time due to poor weather and equipment complications.

Thankfully, the Department of Fisheries and Wildlife granted an extension, as requested by the Army Corps of Engineers in late January when it became clear that the project could not meet its deadline. The team is clear to continue work on the channel for two more weeks. Harbormaster

Lorri Gibbons said she is hopeful that the project can be completed by Feb. 14th.

The Army Corps reported that the extension will allow them to finish dredging the channel, enabling commercial and recreational crafts to enter and exit the harbor. However, no extension was granted inside the harbor area, so that will have to be dredged at a later date.

Jan. 31st is considered the last day for dredging because of the onset of spawning season for flounder and groundfish. Town Manager Chris Senior was confident that the extension would be granted, since there is no significant

population of groundfish in the harbor area.

In October, wind and weather blew dredging plans off course, delaying the project start date. When winter finally struck, high surf once again prevented the team from getting the job done, and the most recent snowstorm even damaged some of the piping being used to transport excess sediment from the harbor to Sandy Beach.

Weather hasn't been the only rip tide pulling this initiative off course, though. In December, the contractor found that clogs were forming in the pipeline. Some pipe links were

removed, but the clogs were just a symptom of a bigger problem.

Ultimately, the hydraulic dredge being used at the outset of the project simply didn't have the horsepower to get it done. Later in December, the Army Corps brought in a booster pump, and after that, it seemed like things were back on course. But even then, the sailing was far from smooth.

"They're working very hard to make the channel accessible for the upcoming boating season," said Gibbons. Boating season may be months ahead, but the project doesn't have months. It's down to days



The dredging barge hums in to the early evening, now stationed along Bassing Beach. WICKED LOCAL STAFF PHOTO BY CHRIS BERNSTEIN

and hours.

Cohasset Harbor was last dredged more than 15 years ago. Dredging was slated to take place in the fall of 2014, but it took a back seat to more pressing projects brought about in the aftermath of Hurricane Sandy.

The Army Corps aims to reestablish the channel at 90 feet wide by nine feet deep.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

WEDNESDAY

World War II in Cohasset

The Cohasset Historical Society will continue its Wednesday evening lecture series at 7:30 p.m. Feb. 10 at the Pratt Building, 106 S. Main St.

Guest speaker Rebecca Bates-McArthur will talk about the impact of World War II on Cohasset. Bates-McArthur will focus on the town's contributions to the war effort, including the role of the National Guard, the participation in the USO and the Red Cross. With only a population of 3,100 souls in the 1940 census, the town of Cohasset sent 475 men and women into military service, some of whom did not

return. They are remembered and with some of the letters sent home, attendees will actually be able to hear their words.

Additionally, Cohasset, along with Scituate, Hingham and Norwell, was the site of the Naval Ammunition Depot. Some 3,500 acres was carved out of the area that is now Wompatuck State Park and housed much of the ordnance for the Atlantic Fleet. The public is invited to attend and share memories of the time and activities of the town. Light refreshment will be available beginning at 7 a.m. A donation of \$5 is suggested and appreciated.

ZBA

New board member is in the zone

By Amanda C. Thompson
athompson@wickedlocal.com

The Board of Selectmen appointed Matthew Watkins to the Zoning Board of Appeals on Tuesday, Jan. 26th, to fill an unexpired term vacated by Jennifer Schultz. Watkins submitted an application last year indicating his interest in town government and desire to be more involved in his community.

"I want to contribute and help protect the charm and character of our town," said Watkins.

Watkins owns a local public relations firm, which gives him a unique background compared to others on the board. While he has no formal committee experience, he's interfaced with many town government boards in the course of his work, often under controversial circumstances.

Board of Selectmen Chairman Steve Gaumer

cautioned him, "You understand it'll be a lot of lengthy evenings with angry people."

But Watkins was unruffled. "My demeanor and composure are used to that type of environment," he said.

Watkins has already started to attend meetings of the Zoning Board and has established a rapport with the current members. "He's very well qualified," associate board member Benjamin Lacy told selectmen. "And delightfully young — he'll bring the average age of the board down about 20 years!"

Lacy added that the board had been feeling the vacancy these last four months. "We work our board fairly hard, and we need the help," he said. "The whole board is in favor."

—Follow Amanda on Twitter for updates: @MarinerAmandaT



Recent changes to the exterior of the former Great Neck Grille, pictured here, are creating interest in the new Blue Mussel Tavern that will be opening there soon. WICKED LOCAL PHOTO BY MARY FORD

EATERY

From Page A1

family eatery that would serve everything from seafood to handmade pasta to cured and aged meats to smokehouse items to sushi. Between the restaurant and bar areas, the proposed "Tide Tavern" could hold about 150 guests.

"We want it to be an eatery, not just a fine dining restaurant," Ambrose told the board. "We want people to be comfortable walking in wearing jeans or dressed up."

He also had big plans for the bar: single malt scotches, micro-brews, IPA beers and bourbon were just a few of the intriguing brews he hoped to offer. The selectmen approved a new, annual, all-alcohol liquor license during the October meeting.

At first, traffic concerns nearly dissuaded Ambrose from trying to put a restaurant in the spot, and the reason why is no mystery to abutters. That stretch of 3A, by Dunkin' Donuts and the Avalon complex, is one of the most dangerous in town.

But traffic data shared by Dunkin' Donuts convinced Ambrose that traffic wouldn't be a major issue during the evenings, when the restaurant would be open for dinner. Dunkin' Donuts was also open to allowing overflow parking in their lot after hours.

Ambrose told the board he hoped to open the new restaurant in November, but three months later, not much seems to have happened. Some cosmetic changes have begun to take shape. Building inspector Bob Egan said in October that there were no major

structural changes to be made.

Last week, the selectmen approved a change of name: the "Tide Tavern" will instead be called the "Blue Mussel Tavern." But although the "Great Neck" sign has come down, there's no word yet on when the "Blue Mussel" sign will go up.

Look for more on this issue in an upcoming edition of the Mariner.

—Follow Amanda on Twitter for updates: @MarinerAmandaT

PLEASE RECYCLE THIS NEWSPAPER

SOUTH SHORE MUSIC CIRCUS

On Sale Friday!

<p>An up-close and intimate evening with</p> <p>Jake Owen</p> <p>featuring other surprises</p> <p>July 1 8pm</p>	<p>Eileen Ivers</p> <p>Connecting the Roots</p> <p>The Voice of Riverdance</p> <p>Michael Londra's</p> <p>Celtic Fire</p> <p>July 15 7:30pm</p>
<p>An evening with</p> <p>Paul Anka</p> <p>with Orchestra</p> <p>July 23 7:30pm</p>	<p>An evening with</p> <p>ABBA the Concert</p> <p>Aug 11 8pm</p>
<p>An evening with</p> <p>The Temptations & The Four Tops</p> <p>Aug 27 7:30pm</p>	<p>Tickets only at</p> <p>www.themusiccircus.org</p> <p>130 Sohier Street</p> <p>Off Route 3A, Cohasset</p> <p>Groups: 781-383-9860</p> <p>Your purchase supports Arts & Education Programs in your local South Shore community!</p>

GET ON THE RIGHT COURSE TO FIGHT CANCER

JIMMY FUND GOLF

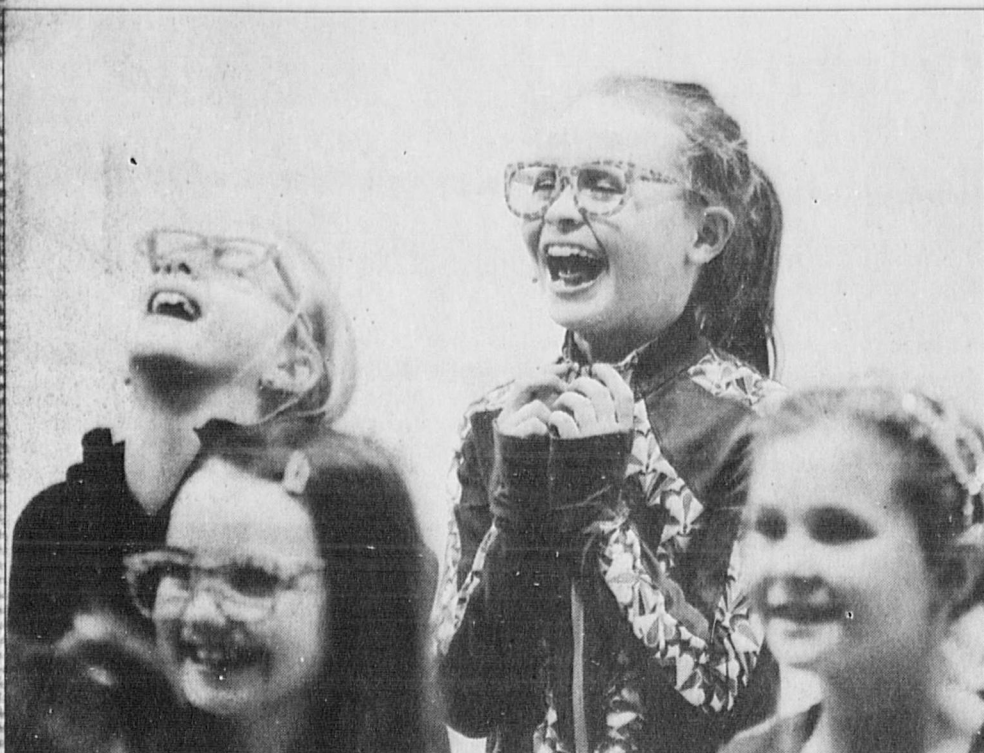
RATHER BE GOLFING?

SUPPORT THE JIMMY FUND THROUGH GOLF

The Jimmy Fund
DANA-FARBER CANCER INSTITUTE

JimmyFundGolf.org 866-521-GOLF

SCHOOLS



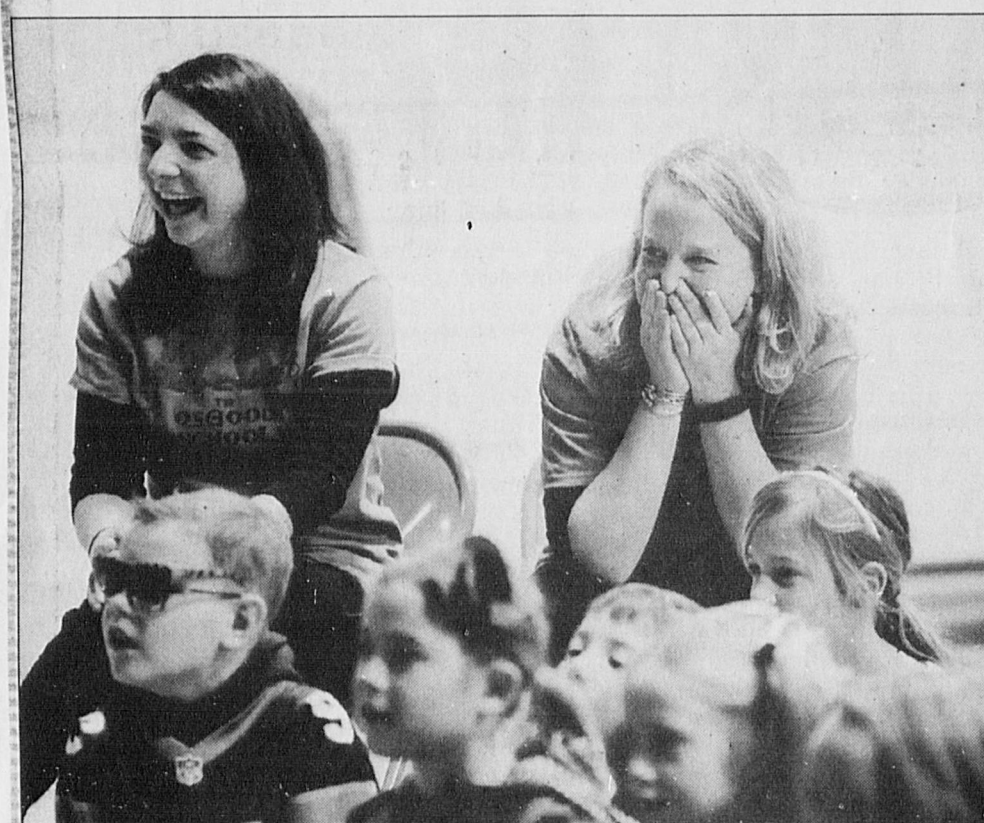
Second graders Addie Woodgate and Taylor Watts laugh uncontrollably while watching their teachers dance in a video played at their assembly for the Readathon at the Osgood School. The two schools read 650,000 minutes in total at last year's Readathon.

Read-a-thon launched

STAFF PHOTOS BY ROBIN CHAN



Kindergartener Enzo Arace gets in position to watch the Readathon assembly at the Osgood School on Friday.



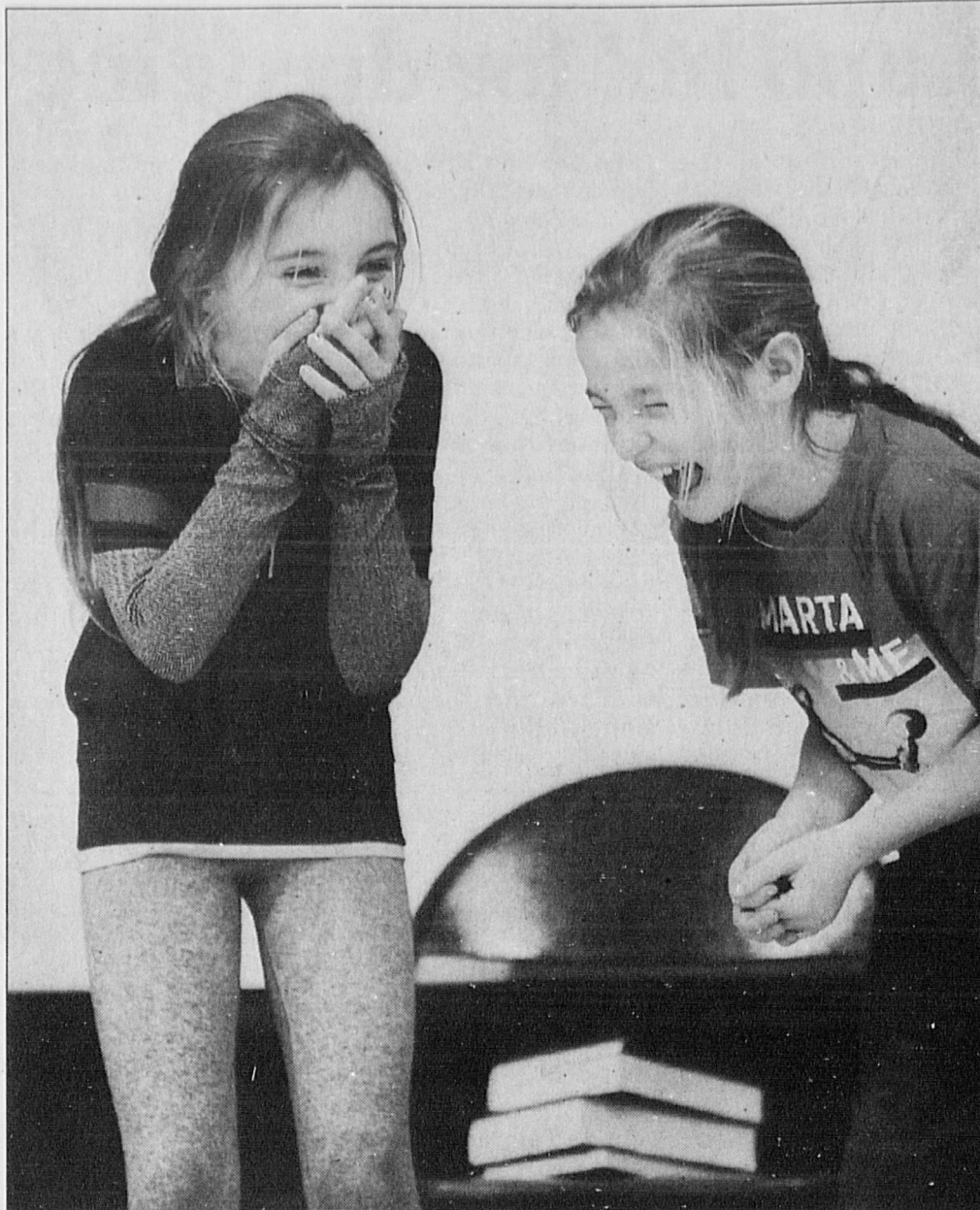
Second grade teachers Sarah Cucinatto and Karen McDavitt laugh while watching themselves and the other teachers dance in the video they made for the kickoff event for the Readathon.



Above: Third graders Grace Rogers, Santana Pina, Reggie Lainier, Brenna Kane, Riley Seaborn, and Abbie Goff perform to the music of the Whip Ne Ne.



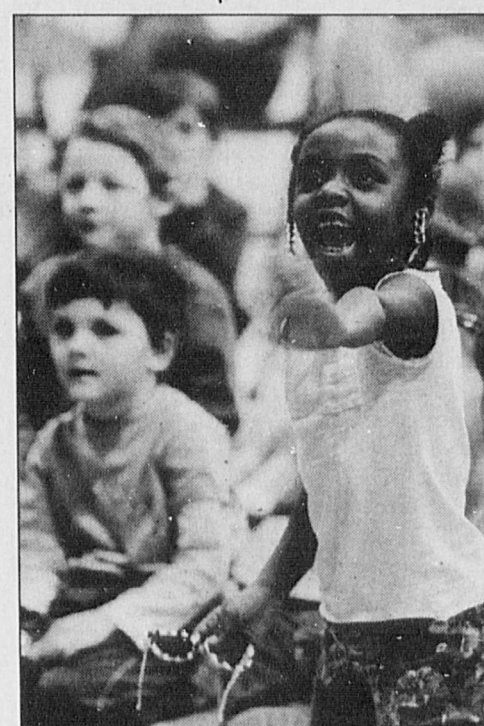
The students from the Deer Hill School end the assembly by singing "Pages of a Book".



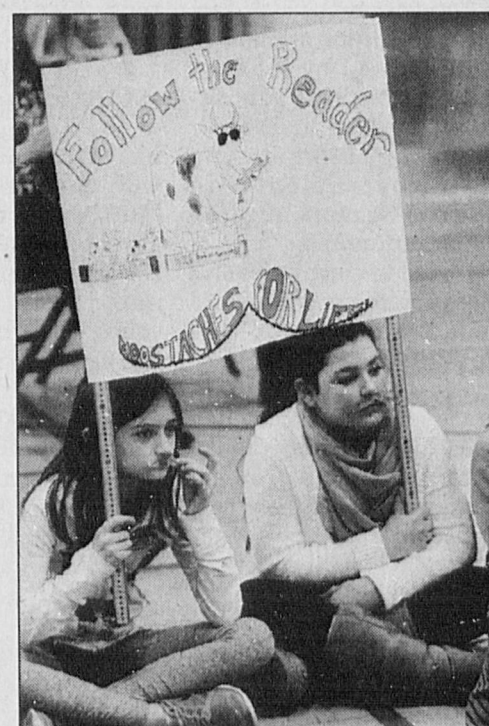
Third graders Lylah Jackson and Tess Barrett can't contain their laughter after their classmate, Max Crews, did a split in a Minion costume during their skit at the Readathon kickoff event at Deer Hill on Friday, Jan. 29. The skit was written by Brin Abate and Ella Otfinoski.



Third graders Grayson Corbett and Carter Carroll dance to the song, Pages of a Book, during the final performance at Deer Hill.



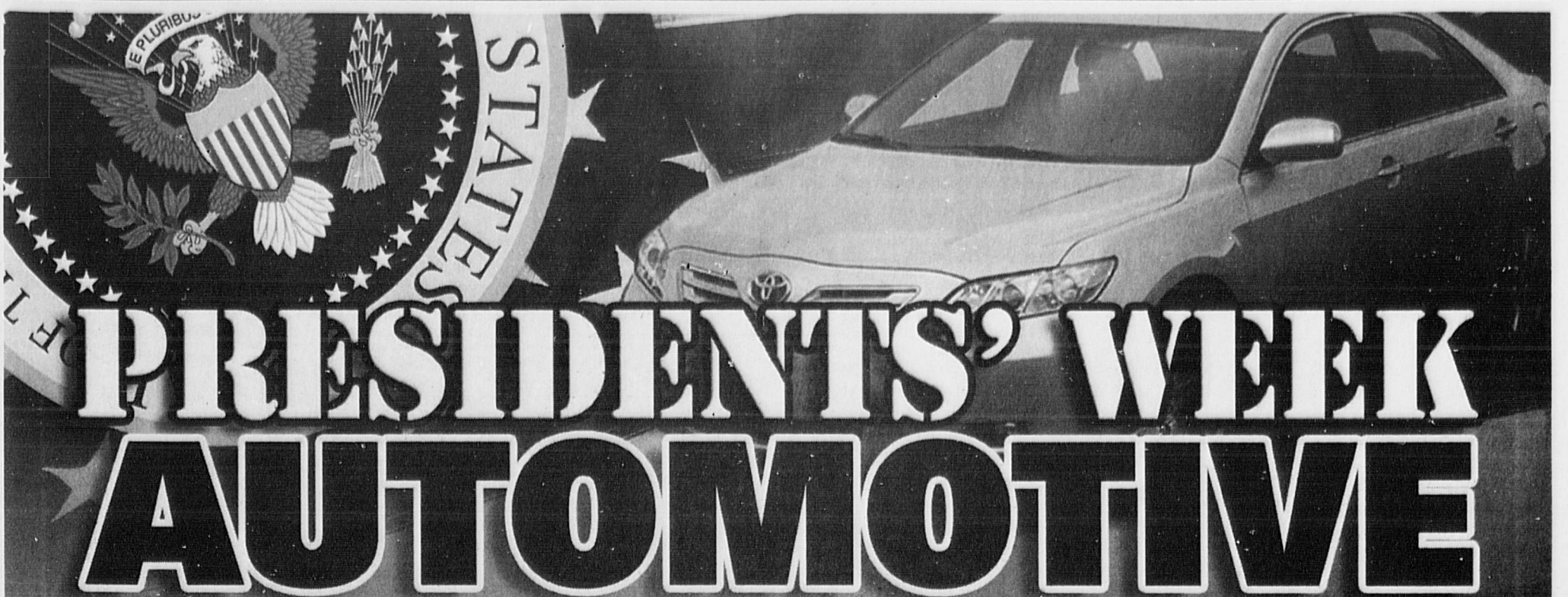
Kindergartener Journey Fonfield waves hello to a lion who entered the gymnasium for the Readathon assembly.



Fifth graders Phoebe Sullivan and Morgan Ferreira sport mustaches while holding the sign for Mr. Lewis' class.



First graders reach out to touch the costume worn by Osgood principal Robert LeCount after the Readathon assembly.




PRESIDENTS' WEEK AUTOMOTIVE

**Don't Miss Out on the Best Pricing of the Year!
Visit These Participating Dealers...**

PARTICIPATING DEALERS

COLONIAL
CHRYSLER Jeep DODGE

COLONIAL  **OF PLYMOUTH**
"America's Hometown Dealership!"

 **IMPERIAL
CARS.com**

**Herb
Chambers**
herbchambers.com

**COLONIAL
VOLKSWAGEN**
vwmvp.com

TUCK'S TRUCKS GMC

MN MILFORD
NISSAN

METRO


MARTY'S


**BUICK
GMC
WESTBOROUGH**


Jannell 
OF HANOVER

**ROBERTSON'S
GMC**


DANVERS 

Hyundai of Plymouth
A Tufankjian Family Dealership

GOOD BROTHERS DODGE.COM


TOYOTA SCION
OF
BRAINTREE
A Tufankjian Family Dealership

WAYSIDE FORD 

TRACY
You Won't Beat A Tracy Deal!


FRANKLIN


 **WELLESLEY
VOLKSWAGEN**

 **CITY OF
BOSTON
CREDIT UNION**

MARLBORO NISSAN

DURAND
CHEVROLET

**GLICK
NISSAN**

FRAMINGHAM


Dan's
RAM DODGE // Jeep CHRYSLER

BEST 

**EMPIRE
HYUNDAI** 

**PRESTIGE
AUTO MART INC**

BEST 

Tufankjian **Honda of Plymouth**

1st Hyundai
"A Ruggiero Family Dealership"

1st Chrysler Dodge Jeep Ram
DODGE // Jeep RAM

1st Ford
"A Ruggiero Family Dealership"

BestRide
com

See our Special Pull-Out Automotive Sections
February 11th-15th or Visit www.bestride.com

OPINION

HOW TO SUBMIT

Letters must be original and signed. Include the writer's address and phone number for verification. Letters may be edited. Send letters to Mary Ford, 73 South St., Hingham, MA 02043, cohasset@wickedlocal.com, or fax to 781-741-2931.

QUESTIONS? Contact Editor Mary Ford at 781-741-2933 or mford@wickedlocal.com.

OUR VIEW

Tax law came from the people

It's hard to believe but nearly two entire generations of Massachusetts residents have been born since Proposition 2½ became law some 35 years ago.

Those current and future homeowners may take the property-tax cap legislation for granted because they have not have known life any differently.

While there is no current movement to launch an override campaign in Cohasset to help pay for the new teachers contract in the school budget – the “O” word has been bandied about.

So we think it's a good time to turn the clock back to the mid- to late-1970s, when Massachusetts was known as “Taxachusetts” and important industries and jobs were headed south to warmer climes and friendlier tax policy.

A taxpayer rebellion had been boiling just below the surface for some time when Citizens for Limited Taxation took the ball and ran with it. The grassroots group garnered enough signatures to get the tax-limitation question put on the November 1980 state ballot — on that same ballot Republicans Ronald Reagan and George Bush challenged President Jimmy Carter and Vice President Walter Mondale for the keys to the White House. Prop. 2½ took effect on July 1, 1981.

Today, some 3½ decades later, taxes have still gone up but clearly not at the same soaring rate they would have without the law.

However, under 2½, for taxes to increase beyond allowed limits — the people have to be asked permission. Voters must approve “overriding” the 2½ tax cap at the polls. This can be a cumbersome task and oftentimes, the resulting debate pits interest groups, such as parents of schoolchildren and senior citizens, against one another. But

Prop. 2-1/2

Property tax levy: The amount a community can raise through property taxes.

Levy limit: A community's levy is constrained so it can only increase a certain amount from year to year, known as its levy limit.

Override: Allows a community to assess taxes in excess of the automatic 2½ percent annual increase through a simple majority ballot vote. An override allows a community to permanently increase its levy limit.

New growth: Allows a community to increase its levy limit annually by an amount based on the increased value of new development and other growth that is not the result of revaluation. No ballot vote required. New growth is calculated by multiplying the increase in the assessed valuation of qualifying property by the prior year's tax rate.

SOURCE: MASSACHUSETTS DEPARTMENT OF REVENUE.

nevertheless, we think Prop. 2½ is a good thing because it makes government fiscally accountable.

In Cohasset the Board of Selectmen have the sole power to put a Prop. 2½ ballot question on the ballot. Here, an override is a two-step process with a Town Meeting vote first and then voting at the polls.

We think, as citizens and homeowners, it is crucial that we understand Prop. 2½ is not an enemy to government but a control mechanism.

Barbara Anderson, executive director of Citizens for Limited Taxation, has said, “Before Prop. 2½, government thought it was entitled to just take instead of ask.”

For many of us, a large portion of our hard-earned dollars pay for the privilege of living in our town. So it's incumbent on us to understand the laws that govern our property taxes, so we can make a fair determination when an override is proposed.

Cohasset Mariner

73 South St., Hingham, MA 02043
cohasset.wickedlocal.com

Mary Ford News Editor
781-741-2933 or mford@wickedlocal.com
William Wassersug Sports Editor
781-837-4577 or wwassersug@wickedlocal.com
Amanda Thompson Reporter
781-741-2935 or athompson@wickedlocal.com
Fredric Siegel Retail Advertising
781-837-4519 or fsiegel@wickedlocal.com.

Sean Burke President
Mark Olivieri Publisher
Christopher Avis Advertising Manager
Gregory Mathis Editor in Chief
Alice Coyle Managing Editor

Billing Inquiries 1-800-894-5141
Reprint Orders 1-866-746-8603
Legal Sales 1-800-624-7355 ext. 7967
Classified Sales 1-800-624-7355, Fax 781-453-6650
Editorial FAX 781-837-4543

Home delivery 1-888-MYPAPER (1-888-697-2737)

Call our customer center at 1-888-MYPAPER (1-888-697-2737) for any questions or feedback regarding home delivery. Please call our customer service center Monday through Friday, 6 a.m. to 7 p.m., and Saturday and Sunday 8 a.m. to noon, with 24-hour customer service at www.mypapertoday.com. Manage your subscription online at www.mypapertoday.com. You can also call the service center to place your account on auto-pay credit card to make billing more convenient. If you are not pleased with your service in any way, please call us — it's the best way to make us aware of the issue. You can also write us with your delivery concerns. Address letters to the Home Delivery Manager.

Subscriptions: \$64.00** per year in town, \$85.00** out of town

Print delivery available within the newspaper distribution area only. By submitting your address and/or email, you understand that you may receive promotional offers from GateHouse Media and its related companies. You may opt out of receiving any such offers at any time by calling 1-888-MYPAPER (888-697-2737). **An additional one-time \$4.95 activation fee applies. Up to \$2.00 is charged to all subscriptions for each premium edition. Premium editions are not included in the subscription price and your expiration date will be accelerated and adjusted accordingly. There will be no more than 12 premium editions per calendar year. You may cancel your subscription at any time for a refund of the unused portion of your subscription by calling 1-888-MYPAPER (888-697-2737).

POLICIES Advertisers should check their ads each week. This newspaper assumes no financial responsibility for typographical errors in advertisements, but will reprint without charge that part of any advertisement in which an error occurred if the error was that of the newspaper and the newspaper is notified immediately. This newspaper assumes no financial responsibility for photographs reproduced in the newspaper, although every effort will be made to return original prints in good condition upon request.

© GateHouse Media New England. All rights reserved

Open and Shut



LETTER

Opposed to taxpayer money for church property

The request by Second Congregational Church for \$187,000 in taxpayer money is a bad idea and should be rejected.

These private property owners (valued at \$1.5 million and no mortgage) should take care of their own property. They already get many town benefits and services, yet pay no real estate

Taxes like the rest of us (a \$20,000 a year taxpayer subsidy).

Cohasset has many other critical needs and limited funds, from infrastructure and open space, to recreation and affordable housing for our Veterans and Seniors, all which actually have widespread community benefits. The religious

aspect violating the Massachusetts Constitution makes this that much worse.

As congregation memberships shrink and support by its own members lag, these requests for government aid will only increase. Considering this sets a bad precedent and more will follow. It is not a significant town resource

and benefits only a few.

Let's keep government out of religion, and private property owners out of taxpayer's pockets. Try this the old fashioned way... their own members, voluntary donations/fundraising and I will be the first to write a check.

Howie Altholtz
Woodland Drive

PUSHING THE EDGE

... And the home of the brave

This Sunday hundreds of millions of Americans will be huddled around big screen televisions to watch the Super Bowl 50. Around 6 p.m. attention will move to the field for the coin toss and then the national anthem. The crowd will come to silence but then start cheering as the final stanza is sung.

*O say, does that star-spangled banner yet wave
O'er the land of the free
and the home of the brave?*

This year those words hold special meaning for Hingham residents as we mourn the death of Marine Corps Cpl. Christopher Orlando and celebrate the return of Matthew Trevithick, who was held in a prison in Iran for 40 days.

Cpl. Christopher Orlando was killed in a



GLENN MANGURIAN

January 14th midair collision of two helicopters off the coast of the Hawaiian island of Oahu. There has been an outpouring of support for the Hingham family of Christopher honoring the sacrifice of a young man who lost his life while serving his country.

Matthew Trevithick returned home to Hingham to the relief of his family and our entire community. Matt traveled to Iran in September for a four-month intensive program at a language center affiliated with Tehran University. It is

This year those words hold special meaning for Hingham residents as we mourn the death of Marine Corps Cpl. Christopher Orlando and celebrate the return of Matthew Trevithick, who was held in a prison in Iran for 40 days.

unclear why he was taken into custody and held in Evin Prison for more than a month.

Both of these young men provide special meaning to the words “home of the brave”. For most of us, war is an abstraction — something we hear about on television and read about in the newspapers. Being arrested and sitting in a foreign prison takes place in movies. But war is real and Americans are unjustly arrested abroad. In comparison Hingham is an idyllic place where we are free to watch

football on a Sunday evening among our friends and in the safety of our homes.

So as we listen to the final stanza of our National Anthem, let's not take our freedom lightly and remember, this is the “home of the brave.”

—Glenn Mangurian is a Hingham resident of 30 years. He spends his time consulting, teaching leadership and writing to provoke thinking. He welcomes your comments and can be reached at gmangurian@frontier-works.com

ELECTION

Absentee ballots available for primary

Absentee ballots for the presidential primary scheduled for March 1 are now available at the Town Clerk's Office, 41 Highland Ave.

Only those voters who will be absent from Cohasset during polling hours, or who may have a physical disability, or

whose religious beliefs prevent them from coming to the polls, may vote absentee.

To obtain an absentee ballot, residents must fill out an application with a valid signature for each voter, along with the address as to where the ballot should be mailed.

Residents can obtain an absentee ballot application online at mass.gov or at the Town Clerk's office.

The Town Clerk's office is open from 8:30 a.m. to 4:30 p.m. Mondays, Wednesdays and Thursdays, from 8:30 a.m. to 7 p.m. Tuesdays, and from 8:30 a.m. to 1 p.m. Fridays.

All absentee ballots must be applied for before noon Feb. 29. On this day the Town Clerk's office will close to the public at noon to prepare for this election.

For information, call the Town Clerk's Office at 781-383-4100, ext. 106.

TOWN CLERK

Election calendar for 2016

Be advised that Massachusetts General Law, chapter 40A, section 11 prohibits public hearings of the Planning Board, Zoning Board of Appeals

and State Housing Authority for Low Income meetings.

The Elections Division strongly discourages any board of committee from

meeting during the polling hours, as it puts voters in a potential conflict situation between voting and attending public meetings.

The following dates and times comprise the 2016 election calendar: 7 a.m. to 8 p.m. March 1, April 12, May 10, May 14, Sept. 8 and Nov. 8.

HEALTH NOTES

February is Heart Health Month

By Susan Sarni

Cerebrovascular Disease: Stroke

Cerebrovascular Disease or Stroke is a vascular disease. Arteries that supply oxygen to the brain are affected resulting in cerebrovascular disease. The most common is a stroke and high blood pressure is a contributing cause of this disease. A rise in blood pressure can cause tears in the vessels which can lead to bleeding inside the skull.

Cohasset residents have a 10 percent higher rate of cerebrovascular disease than the state average. Breaking this down by gender, men have a 5 percent higher rate and women a 15 percent higher rate when compared to the state average.

Acute Myocardial Infarction: Heart Attack

Acute myocardial infarction is a heart attack. This occurs when blood flow is stopped to the heart which damages the heart muscle. This is often felt on the left side of the chest and may feel like heartburn. This chest pain may also travel to the shoulder, arm, back, neck or jaw. Remember FAST: Face drooping, arm weakness, speech difficulty, call

Cohasset women have a 43 percent higher rate of heart attacks when compared to the state. Cohasset men are 20 percent lower than the state average.

911.

Cohasset women have a 43 percent higher rate of heart attacks when compared to the state. Cohasset males are 20 percent lower than the state average!

Heart Attack Signs in Women

■ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.

■ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.

■ Shortness of breath with or without chest discomfort.

■ Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

■ As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

If you have any of these

signs, call 9-1-1 and get to a hospital right away.

To reduce your risk of heart disease

■ Eat a healthy diet and try a variety of fruits and vegetables. Think about planting a garden this spring. There are many greenhouses and farms in our area that can help you get started. If space is an issue, try planting some vegetables in a container. See our website on successful container garden ideas and seed catalogs.

■ Avoid processed meats, refined carbohydrates (white bread, white rice and low fiber cereals), soft drinks and sugary beverages.

■ Start a regular exercise regimen. Join a local gym or get out and go for a walk around the neighborhood.

Taking the above steps to a healthier life style will prevent heart attacks and strokes. Check out our website for some helpful ideas: cohassetma.org/pages/departments/health-department.php

—Susan Sarni is the Cohasset Director of Public Health.

GROWING ON THE FARM

Sowing seeds of spring

Now full, and beginning to wane, the march toward spring can continue.

With daylight creeping slightly longer each day, one can think about well-lit windows and toiling one's fingers in the soil again, although I just feel now that there is no more dirt under the nails and the oft-dirty knees are just about scrubbed clean.

With these hands and strong eyes, I can spread out the seed catalogs on a long desk or call up the information on dueling computer screens. A little bit of snow here in New England does not keep me too busy shoveling, so I can instead sift through the endless comparisons of High Mowing, Fedco and Johnny's (no relation).

Each seed company has a slight variation on a theme, which is organic, fairly saved and non-modified seed for the coming growing year. This does not include the seeds I set to dry from the recent autumn collection. This past October through December, the birds did not take all the sunflower seeds from the mammoth head, nor did I eat all the green beans on the vine and many a dried cilantro flower makes for terrific coriander seed. For what the farmer can save, saved seeds could add up at this time when relatively inexpensive seeds begin to add up.

These three seed companies, to select just a few of the environmentally conscientious seed savers



JON BELBER

and cooperatives, each hail from New England and offer a chance for bulk ordering, free delivery and early order deadline incentives.

There are many other smaller, even more thoughtful organizations and non-profits that spend a great deal of time to save, protect and gently sell their favorite, heirloom variety, but with these three as an example, the farmers have a heck of a time figuring out which seed to order, how many and for what purpose.

For not every seed will grow, so one has to leave a little up to the reality of whether or not a seed will germinate (fancy term for sprout, in a visible manner to the naked eye). Each seed packet will give a best guess prediction as to what percent chance a seed has to grow.

For now, the farmer and grower must carefully read the small paragraph detailing how well a seed variety did in a certain climate. How will the seed thrive, if rotated to a different spot in the garden? What the temperature of the soil is will help indicate possible success. How many bed feet does one need to sow? How many grams of seed will be enough for the garden bed or the farm row? Perhaps

the seed grower wishes to sprinkle lettuce seed in April, May, June and July, how many seed then?

These deliberations are fine, tedious activities while the wolf moon waxes and wanes and the cold temperatures rise and fall. Radish, beet, carrot and potato, leek nasturtium. There are many seeds to buy and large graph paper sheets to complete all while figuring out which beds to plant and grow.

The best-laid schemes of farmers, men and women are just that, schemes, while winter wends its way through the barnyard. The farmer cannot sell the root crops, tubers, flowers or herbs yet. We must wait until the greenhouse is warm, the light of day is long and the ground is workable.

The livelihood is on hold until folks are ready for produce and crops. While waiting, we feel the burn to grow, but must wait. Until then, we pour over the words of nearby growers, stay warm and wait for the commerce of organic farming to take hold. Reading, thinking and ordering—plenty of work before the hard work of the growing season begins in earnest.

—Jon Belber is education director at Holly Hill Farm in Cohasset. He teaches students and adults about organic gardening and farming. He can be reached by email at jbelberhollyhill@hotmail.com. For information on upcoming programs at Holly Hill, visit: hollyhillfarm.org.

LIFE AT CHS

Drama, sports, journalism, and a super semi-formal

With the brand-new semester underway, Cohasset High School is back in the throng of activity. Mr. McCabe and Mr. Fish have finished teaching their senior classes Shakespeare's "Hamlet," and the first few lines of the "to be or not to be..." soliloquy are etched into our minds. Permanently. Though lacking in snow, this past week has been productive — between preparations for the Festival one-act play and more successes for our sports teams, we've had a good one.

Winter Semi was an absolute blast! Everybody was dancing, everybody was smiling and everybody was using the photo booth set up by Mr. Craig. I'm excited to get a look at those—hopefully they'll be showing up soon! The Student Council did an excellent job planning, and the decoration committee created a very believable Winter Wonderland setting in the large auditorium space of the Town Hall, even while it was above 50 degrees outside.

Another staple of this time of year is the basketball games. Both the boys' and girls' teams have been doing great thus far in their season. The boys' team currently holds a 7-5 record for the season, however suffered a rather disappointing game against Norwell on Tuesday night. Tonight they are offered a chance at redemption, though, so go support your Skippers! The Cohasset swim team dominated at their meet this past Tuesday against North Quincy, coming up with victories for both the boys' and girls' team and upholding the victory march the swim team has been boasting all season long!



BECCA FREDEY

Valentine's Day is fast approaching, a mere nine days away (which means I'm 10 days away from some half-priced chocolate). This, however, means that time is running out for the staff of the Spinnaker! With a target release date of Friday the 12th, the last school day before all the red roses and large teddy bears, the Editors-In-Chief are working hard to piece together another month's worth of articles and pictures.

The Spinnaker is a great opportunity for students — not only does it fluff up a college application, it also gives students practice in their writing skills and their fluency in receiving constructive criticism. Anyone at Cohasset Middle High School can contribute — yes, even the middle school students — and are urged to attend meetings and sign up for the email notifications for the group. A meeting was held last Wednesday to rally the section editors and writers, putting the process well underway.

Though no specific political agenda is pushed through the teachers of CHS, one thing is clear; your teachers want you to use your vote! Mr. Luvini considers it a crime not to do so, given the history surrounding the long struggle to obtain the right to vote for all Americans, and Mr. Welch begins his economics class each day asking the people who've not yet registered to raise their hands.

Hint: you don't want to

Winter Semi was an absolute blast! Everybody was dancing, everybody was smiling and everybody was using the photo booth set up by Mr. Craig.

be raising your hand in this situation. Our History Department has done well in educating their students on the ins-and-outs of the government system. Though no one pretends to understand every political move, a curriculum based in Law, U.S. History, Economics and even going back to the roots with European History, has helped students gain a comfortable understanding of many of the issues being argued in today's political debates. The senior class is particularly grateful for this, as many of us will be eligible to vote in the primary election in the following months.

Though our first semester only just ended, the students of CHS can't help but feel as though school year is flying by; between the upcoming February break and the end of the college application process, there's a mixed sense of relief and confusion; what is there to do if not supplement essays? Could the seniors of CHS possibly have time to — hold onto your newspaper, here — hang out with their friends?! Or relax?! I guess we'll see what the next week brings.

—Becca Fredey is a senior at CHS and weekly columnist for the Mariner. Her *Principles of Finance* class this semester, though informative, is stressing her out and making her realize she's dangerously close to being an adult.

LIBRARY CORNER

Save the date: Sunday Author Talks

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit cohassetlibrary.org.

NEW MUSEUM PASSES:

Thanks to the generosity of the Friends of the Cohasset Library, Cohasset library cardholders now have access to two new passes. Explore the many properties at the Mass Audubon Wildlife Sanctuaries, Nature Centers, and Museums or gather the gang and have fun at The Hall at Patriot Place. Details of both passes are on the website. Reservations may be made online or by calling the circulation desk.

SUNDAY AUTHOR TALKS:

Sue Miller will talk about her book "The Arsonist" at 4 p.m. Feb. 28. A wine and cheese reception and book signing will follow the talk. Free admission. Seating is limited. Sunday Author Talks series is sponsored by Dean & Hamilton Realtors.

Goodale Insurance, and A Taste For Wine & Spirits.

MOVIES, MUSIC, AND MORE: Download up to 20 titles of movies, e-books, music, and comics every month from Hoopla, free with a Cohasset library card. Music from the play "Hamilton," the movie "Star Wars: The Force Awakens," David Bowie, Glenn Frey and so much more streams to a computer or mobile device. Explore Hoopla's site at hoopladigital.com/home. Contact the reference librarian for more information.

ONLINE TOOLS: Discover what the Cohasset library card can do by visiting the website cohassetlibrary.org. Learn a new language with Pronunciator, brush up on skills needed in that new job with Lynda.com, or snuggle down with a good book on a rainy or cold day by borrowing an ebooks from Overdrive. Call the reference librarian for help accessing

these services.

HOMEBOUND DELIVERY SERVICE:

The library is on the road every Tuesday afternoon delivering materials to Cohasset residents of all ages. Call the library at 781-383-1348, and ask for Kristin or Gayle, or send an email to library@cohassetlibrary.org to get started.

GREAT DECISIONS DISCUSSION GROUP:

Registration is now open for the spring session of Great Decisions discussion group at the library. Great Decisions is designed to encourage debate and discussion of the important global issues of our time. Participants are asked to attend eight consecutive weekly meetings beginning with a meeting from 1:30 to 3 p.m. March 2. Registered participants will receive a study book courtesy of the Friends of the Cohasset Library. To sign up, call reference librarian Gayle Walsh or cohassetlibrary.org. Limited to 10 people.

LIBRARY KIDS

Drop-In Crafts at 1 p.m., Thursdays

Paul Pratt Memorial Library, 35 Ripley Road. Call 781-383-1348 for more information or visit our website at: cohassetlibrary.org.

PARTNER READING WITH SOPHIE THE THERAPY DOG: 4-5 p.m. Feb. 9 and 16

STORYTIME WITH MRS. MOODY: 10:30 a.m. Feb. 16

Special Events

RAISING A READER WITH BIG RYAN'S TALL TALES: 1 p.m. Feb. 8 and 10. All caregivers and their children, ages 3 to 5-years-old, are welcome to participate in this series on making stories and language come alive. It will take place in the Story Room. It is sponsored by the South Shore Community Action Council. Register online at cohassetlibrary.org.

BUILD IT!: 10:30 to 11:30 a.m. Feb. 17. Join the Children's Museum in the Meeting Room, to explore structures and stability, designs and construction. For ages 4 and older. Attendees will experiment with a range of different materials to solve engineering problems and build some cool structures. Register online at cohassetlibrary.org.

1000 BOOKS BEFORE KINDERGARTEN: Accept the challenge. Registration forms and reading logs available in the Children's Room. For more information: 1000books-beforekindergarten.org/1000-books-before-kindergarten-program.

Programs

DROP IN CRAFTS: Between 10:30 a.m. and 1 p.m. Thursdays

MAMASTEPPH: 10:30 a.m. Mondays, Feb. 8, 22 and 29

LEGO CLUB: 4 p.m. Mondays, Feb. 8 and 22

PUPPET STORY TIME WITH LEIGH AND FRIENDS: 10:30 a.m. Feb. 9 and 23

TOWN CLERK

Register to vote in primary

The Cohasset Town Clerk's Office will be open for voter registration from 8:30 a.m. to 8 p.m. Feb. 10 at 41 Highland Ave., Cohasset.

Residents who wish to vote in the March 1 presidential primary must be registered to vote or

change party affiliation by that date.

Only those not registered to vote in Cohasset, or those who have moved from one address in Cohasset to another or wish to change their party enrollment, will need to register.

Voters enrolled as "Unenrolled" will remain so after choosing a ballot at the polls. Voters enrolled in a Political Designation will be able to vote in the presidential primary.

For information: 781-383-4100, ext. 106.

Spring in their step



It was T-shirt weather last week for these boys shooting hoops along Black Horse Lane. WICKED LOCAL PHOTO CHRIS BERNSTEIN

CANDIDATES CORNER

Baker endorses O'Connor for state senate office

Gov. Charlie Baker formally endorsed Patrick O'Connor Feb. 3 at an event at the Weymouth Sons of Italy Lodge.

O'Connor, a candidate for State Senate in the Plymouth and Norfolk district, currently serves as President of the Weymouth Town Council and

was former Sen. Bob Hedlund's Legislative Director at the State House for eight years.

"Governor Baker has shown extraordinary vision and leadership during his first year in office," O'Connor said. "He is someone I genuinely admire and look forward

to working with. I am confident that together we can address the opiate epidemic, transportation issues, tragic shortfalls within Department of Children and Families, and responsible government spending," he said.

TOWN CLERK

Positions available for town election

Nomination papers for the annual town election to be held May 14 will be available Feb. 8 at the Town Clerk's Office, 41 Highland Ave.

The last day to obtain nomination papers will be March 24. Last day to submit nomination papers to the town clerk for certification is March 28. In order to hold an elected office, a nominee must be a registered voter of the town. Note that nominees are not running for office

until papers are taken out and the board of registrars certifies signatures.

The following positions are available:

■ Selectmen for three years (2);

■ School committee for three years (2);

■ School committee for one year to fill an unexpired term (1);

■ Trustees Paul Pratt Memorial Library for three years (3);

■ Assessor for three years (1);

■ Board of Health for three years (1);

■ Cohasset Housing Authority for five years (1);

■ Planning Board for five years (1);

■ Planning Board associate member for three years (1);

■ Recreation Commission for five years (1);

■ Sewer Commission for three years (1);

■ Water Commission for three years (1).

POLITICS

Gannon opposes rail fare increase

Senate candidate Paul Gannon called for commuter rail lines to be exempted from the fare increases being considered by MBTA officials. Gannon said rail commuters have been burdened with steep increases over the last decade, and further fare increases would reverse recent ridership gains on the Greenbush Line.

Gannon pointed to a Pioneer Institute study from 2013 that showed the MBTA commuter rail system as the only one in the country to lose riders in the 10-year period from 2003 to 2013. But the MBTA restored weekend service to the Greenbush Line in December 2014

due to increased demand, showing positive ridership results.

"Alternative modes of transportation available to South Shore residents like Greenbush help ease congestion on an already crowded Route 3," said Gannon. "At a time when plummeting gas prices are making commuters think about driving to work again, another rail fare increase will push them even further in that direction."

The Pioneer study showed during that time, the commuter rail system increased fares more than any other similar-sized system in the country. In 2010 one-way fares on the Greenbush line cost \$4.75

to \$6.75, with monthly passes ranging from \$151 to \$223. Today the cost is \$5.75 to \$9.25 and for monthly passes \$182 to \$289, depending on where passengers board.

The Governor recently expressed support for House Ways and Means Chairman Brian Dempsey's statement that the FY 17 Budget would not include new taxes or tax increases, Gannon said that type of fiscal restraint should be extended to state controlled commuter fares.

"I think we need to be as concerned about raising commuter rail fares as we are on new or higher taxes," said Gannon.

ASSESSORS

Real Estate Tax Exemptions

Cohasset Board of Assessors Office is accepting applications for fiscal 2016 real estate tax exemptions. The qualification date is July 1, 2015, for all statutory exemptions. The deadline for filing is March 31, 2016. If you have filed for exemption since July 2015, it is not necessary to file again. The following exemptions are available:

Persons Over 70 Years of Age: \$2,000.00 off. Clause 41C - if annual income is less than \$20,000 (single person) or \$30,000 (married couple), and the value of your assets, excluding your home, is less than \$40,000 (single person) or \$55,000 (married couple) and must own and occupy for previous 10 years.

Surviving Spouse: No

age requirement. \$350 off. Clause 17D - also minors of deceased parents and persons older 70 years of age. There is no limit on income, but the value of your assets, excluding your home, must not exceed \$40,000 and must own and occupy for previous five years.

Disabled Veteran: \$800 off. Clause 22 - At least 10 percent disabled as determined by the Veterans Administration. Purple Heart Award recipients qualify, as well as Congressional Medal of Honor, Distinguished Service Cross, Air Force Cross, Navy Cross. Other exemptions are available for more seriously disabled veterans and paraplegic veterans. Veteran must have been a Massachusetts resident six months

prior to enlisting or live in Massachusetts for five consecutive years.

Blind Person: \$875 off. Clause 37 - Must be registered with Massachusetts Commission for the Blind.

Tax Deferral: All or part of the tax. Clause 41A - Applicant must be 65 years of age as of July 1, 2015, with income less than \$51,000 and must have resided in Massachusetts for the preceding 10 years. All or part of the tax may be deferred. (Effective 2007 the interest rate has been reduced to 4 percent.)

Exemption forms are available at the Assessors' Office in the Town Hall, Floor 2B. For more information, call the Assessors' Office at 781-383-4114, ext. 124.



Beacon Hill Roll Call

By Bob Katzen

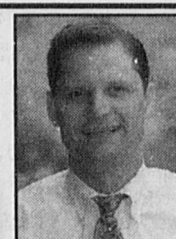
bob@beaconhillrollcall.com

Copyright © Beacon Hill Roll Call. All Rights Reserved.

If you have any questions about this week's report, e-mail bob@beaconhillrollcall.com or call 617-720-1562.

Y = Yes; N = No, NV = No Vote (President rarely votes) * Not every item is voted on by both House and Senate

Volume 41 -
Report No. 4
January 25-29, 2016



Senator
Robert L. Hedlund
(R-Weymouth)
617-722-1646
Room 313C



Representative
Garrett J. Bradley
(D-Hingham)
617-722-2520
Room 479

THE HOUSE AND SENATE: Beacon Hill Roll Call records local representatives' and senators' votes on roll calls from the week of January 25-29.

HEALTH DISPARITIES (H 3969)

House 152-3, approved and sent to the Senate a bill creating a state Office of Health Equity to coordinate an effort to eliminate racial and ethnic health and health care disparities. The office would set goals for the reduction of disparities and prepare an annual plan to accomplish its goals.

Supporters said minorities still have disproportionately higher rates of chronic disease and mortality than other persons. They noted that families that earn \$40,000 or less are twice as likely to have diabetes as families with incomes of more than \$75,000 annually. They argued the bill would help save and improve lives.

Opponents said this is "feel good" legislation that expands bureaucracy and the cost of state government.

(A "Yes" vote is for the bill. A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Rep. Garrett Bradley	Yes
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	No
Rep. Angelo D'Emilia	Yes
Rep. Geoff Diehl	Yes
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Generic	Yes
Rep. Randy Hunt	Yes
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Didn't Vote
Rep. Walter Timilty	Yes

PROHIBIT MINORS UNDER 18 FROM TANNING INDOORS (S 1994)

House 147-8, approved and Senate approved on a voice vote without a roll call and sent to Gov. Charlie Baker a bill that would prohibit anyone under age 18 from operating or using an indoor tanning device. Current law prohibits teens age 16 and 17 from indoor tanning without parental permission and bans anyone under age 16 from indoor tanning.

Supporters said these booths are dangerous and increase by 75 percent a person's chance of getting melanoma, a dangerous and sometimes fatal skin cancer. They said that while adults can make their own decisions, it is the state's job to protect children.

Opponents said this is another example of government intrusion into what should be a decision made by parents. They warned against a slippery slope in which children under 18 are banned from eating things like fast food and junk food, which often lead to health problems.

(A "Yes" vote is for the bill. A "No" vote is against it.)

Rep. Bruce Ayers	Yes
Rep. Garrett Bradley	Yes
Rep. Thomas Calter	Yes
Rep. James Cantwell	Yes
Rep. Mark Cusack	Yes
Rep. Josh Cutler	Yes
Rep. David DeCoste	No
Rep. Angelo D'Emilia	Yes

Rep. Geoff Diehl	No
Rep. Michelle DuBois	Yes
Rep. William Galvin	Yes
Rep. Susan Gifford	Yes
Rep. Generic	Yes
Rep. Randy Hunt	No
Rep. Louis Kafka	Yes
Rep. Ronald Mariano	Yes
Rep. Christopher Markey	Yes
Rep. Matthew Muratore	Yes
Rep. James Murphy	Yes
Rep. William Straus	Didn't Vote
Rep. Walter Timilty	Yes

LOBSTERS (S 469)

Senate 36-0, approved and sent to the House a bill that would eliminate some of the age-old restrictions on the processing and sale of lobster in Massachusetts. Currently, the state allows only the sale of live, cooked and canned lobster. The bill would permit the processing of unfrozen lobsters, the importation of unfrozen shell-on lobster parts and tails and the retail of previously frozen raw in-shell tails.

Supporters said the bill would allow more lobsters currently harvested and purchased here to be prepared for market in the Bay State rather than in Canada where the processing is currently done. They argued this will help the economy, create jobs and help lobstermen, processors, local restaurants and food stores.

(A "Yes" vote is for the bill.)

Sen. Michael Brady	Yes
Sen. Viriato deMacedo	Yes
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

PAY EQUITY (S 2107)

Senate 37-0, approved and sent to the House a bill that would strengthen the Bay State's pay equity law by closing the wage gap between men and women doing the same job. The measure requires that women be paid equal pay for comparable work, establishes pay transparency, prohibits screening of prospective employees based on salary history, requires fairness in hiring practices and increases fines for violations.

Supporters said it is far past time to approve this historic bill and noted women comprise 50 percent of the workforce yet make only 80 cents for every dollar earned by men. They argued that if the proposed law is not approved, the gender wage gap in Massachusetts will not close on its own until 2058.

(A "Yes" vote is for the bill.)

Sen. Michael Brady	Yes
Sen. Viriato deMacedo	Yes
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

CLIMATE CHANGE (S 2092)

Senate 36-0, approved and sent to the House a bill designed to reduce greenhouse gas emissions and develop a long-term action plan to address the consequences of climate change in the Bay State. The measure requires the reduction of greenhouse gas emissions by 25 percent below 1990 levels by 2020; 35-45 percent below 1990 levels by 2030; 55-65 percent below 1990 levels by 2040;

and 80 percent below 1990 levels by 2050. Another provision requires the state to develop a comprehensive plan to protect and ensure the preservation, protection and restoration of the state's "built and natural environment" from the risks of climate change. The plan, updated every ten years, also authorizes the state to buy back at-risk coastal land from current owners for preservation.

Supporters, noting that 2014 was the warmest year on record, said that this landmark pro-environmental legislation creates a long-term strategy to deal with the realities of the earth's changing climate. They noted it would increase the state's use of cleaner, renewable energy and create an innovative climate policy that strengthens the environment, infrastructure and the economy. They argued that the bill would help put Massachusetts on track to meet the 2050 statewide greenhouse gas emissions limits already in place through the Global Warming Solutions Act.

(A "Yes" vote is for the bill.)

Sen. Michael Brady	Yes
Sen. Viriato deMacedo	Yes
Sen. Brian Joyce	Yes
Sen. John Keenan	Yes
Sen. Mark Montigny	Yes
Sen. Marc Pacheco	Yes
Sen. Michael Rodrigues	Yes

COST-EFFECTIVENESS (S 2092)

Senate 10-26, rejected an amendment requiring that the plan to address climate change be cost-effective.

Amendment supporters said this fiscally responsible amendment would ensure that the plan would make fiscal sense and not waste money.

Amendment opponents said there are already provisions ensuring cost-effective provisions in the plan and argued the amendment was unnecessary and duplicative.

(A "Yes" vote is for the amendment. A "No" vote is against it.)

Sen. Michael Brady	No
Sen. Viriato deMacedo	Yes
Sen. Brian Joyce	No
Sen. John Keenan	No
Sen. Mark Montigny	No
Sen. Marc Pacheco	No
Sen. Michael Rodrigues	No

ALSO UP ON BEACON HILL

TAX MILLIONAIRES ANOTHER 4 PERCENT (H 3933) - The Revenue Committee has recommended passage of a proposed constitutional amendment that would allow the state to have a graduated income tax and impose an additional 4 percent income tax, in addition to the current 5.10 percent tax, on taxpayers' earnings of more than \$1 million. Language in the amendment requires that the revenue go to fund quality public education, affordable public colleges and universities, and for the repair and maintenance of roads, bridges and public transportation.

The proposal now goes before the Legislature and could eventually go on the 2018 ballot if approved by 25 percent (50 members) of the 2016 Legislature and the 2017-2018 Legislature. The amendment is being spearheaded by the group Raise Up Massachusetts, which recently gathered the necessary signatures to bring the measure to the Legislature.

Supporters said the amendment will affect only 14,000 extremely wealthy individuals and will bring up to \$1.9 billion in additional tax revenue. They said using the funds for public education, public colleges and universities, and for the repair and maintenance of roads, bridges and public transportation will benefit millions of Bay State taxpayers.

During the week of January 25-29, the House met for a total of five hours and 36 minutes while the Senate met for a total of five hours and 31 minutes.

TRAFFIC

No curbing crashes along Route 3A

By Chris Burrell

Cohasset police responded to 103 crashes and collisions on their side of the highly-trafficked business corridor last year, a 45 percent increase from the 71 accidents in 2011, and up 28 percent from the 80 crashes in 2014.

Accidents injured 78 people in the 5-year span between 2011 and 2015 and killed at least four people in the last decade, local police said. The majority of the 3-mile corridor sits in Cohasset.

Regional traffic planners are designing fixes for the most dangerous stretch of Route 3A — from the Scituate line north to Beechwood Street — but the estimated \$4 million project won't be eligible for funding until sometime after 2020, state transportation officials said last Friday.

Brian Joyce, Cohasset's director of project management and planning, said the project needs approval for the Transportation Improvement Program (TIP) and funding through the Boston Region Metropolitan Planning Organization.

"It's a state road. We are not in the driver's seat," he said, expressing frustration. "We need to get higher on the priority (list) to get that project going sooner than later."

As the towns play a waiting game, development in recent years has intensified traffic along the 3 miles of Route 3A. Between 15,500 and 22,000 vehicles per day travel the commercial corridor, according to data collected in 2013.

"Traffic has increased

with the housing development at Avalon and a sports complex on Crocker Lane," said Cohasset police Sgt. Jeffrey Treanor, head of the department's traffic safety enforcement. "You used to have lulls, but it's busy all day long now."

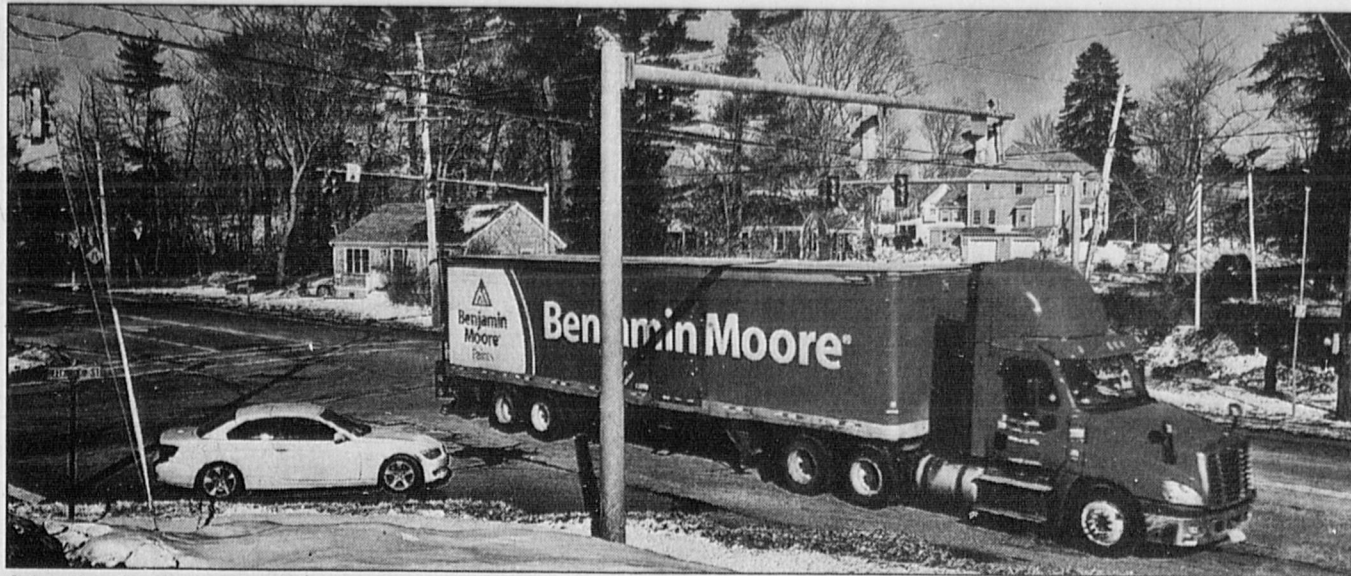
Treanor stood by the Gulf gas station and market where Route 3A crosses Beechwood Street and called it "ground zero" for crashes. The 2014 Metropolitan Planning Organization traffic study found the crash rate there was almost twice the average for this region with a "relatively high proportion of crashes causing injuries" — 25 percent.

"This is one of the most dangerous intersections in this part of southeastern Massachusetts," Treanor said last Thursday afternoon (Feb. 4) as he watched an SUV turn left from the gas station and narrowly dodge two lanes of fast-moving northbound traffic.

The \$4 million project recommended by the 98-page traffic report would add a turning lane and new signal lights at this intersection and force vehicles exiting the Gulf station to turn right.

Posted speed limits on the northbound road increase from 35 miles per hour to 50 miles per hour and then go down to 45. Recommendations include dropping the top speed limit to 45 miles per hour and consolidating driveways.

Route 3A has no sidewalks. Planners have called for building sidewalks to encourage non-motorized traffic — pedestrians and bicyclists — to the businesses and conservation properties



A tractor-trailer makes its way through the Beechwood Street/Route 3A lights. WICKED LOCAL PHOTOS BY GREG DERR



The Beechwood Street intersection with Route 3A is one of the most crash-prone along the state highway.

along 3A.

All the proposed improvements need to be coordinated, not done as "piecemeal fixes," said Joyce. Meanwhile, motorists said they would welcome any action to make the heavily-trafficked artery safer.

"You pull out (onto 3A)

and just hope you can get across," Christine Pearsall said last week as she walked to her minivan parked in the Gulf station lot. "We're forever watching accidents here."

"It's a nightmare," said Nick Welz, who stopped for gas at the Gulf station and lives near the intersection.

"Emergency vehicles fly down here all the time (to accidents.) We tell my mother-in-law to avoid the Beechwood intersection at all costs."

Welz grew up in Cohasset and said simply, "The South Shore has outgrown Route 3A."

Treanor agreed.

By The Numbers

- 389 crashes counted by Cohasset police along Route 3A between 2011 and 2015.
- 20 percent of those crashes caused injuries.
- 68 percent were rear-end or angle crashes.
- .77 crashes per million entering vehicles is the average crash rate in southeastern Massachusetts.
- 1.53 crashes per million entering vehicles is the crash rate at the Beechwood Street intersection with Route 3A.

Source: Boston Metropolitan Planning Organization and Cohasset police.

"Route 3A is not designed for this amount of traffic and the amount of exits and entrances for businesses," he said. "This is one of the most heavily patrolled roads we have."

—Reach Chris Burrell at cburrell@ledger.com or follow on Twitter @Burrell_Ledge

FINEST HOURS

Cohasset native remembers 1952 nor'easter

By Ruth Thompson

rthompson@wickedlocal.com

Wayne Higgins still remembers that night in February 1952 when two commercial tankers, the SS Fort Mercer and the SS Pendleton, each broke in half during a nor'easter off the coast of Cape Cod.

Higgins was 21-years-old and aboard the U.S. Coast Guard cutter, Yakutat.

"It was a bad storm," recalled Higgins, who grew up in Cohasset and graduated from Scituate High School in 1948. "The waves came up over the boat."

The rescue operation that would save the lives of the men from the sinking vessels was chronicled in the book, "The Finest Hours," written by Casey Sherman and Mike Tougias, and then a Disney film of the same name. The movie hit theaters Jan. 29.

Higgins, who is mentioned in the book, played an integral role in the rescue of the last men left on the Mercer.

"There originally were nine men remaining on the Mercer," Sarah Lannon, Higgins' step-daughter, said.

Of the nine men, five died, but the others were rescued thanks in part to Higgins.

"One man slipped and fell into the ocean, one tried to swim to the Yakutat, and three jumped to the first lifeboat, but did not make it," she said.

Another four were rescued — two in a wooden lifeboat that smashed into the Mercer, a collision that put a hole in the boat, but they still made it to the Yakutat.

That left two men stranded on the Mercer.

With waves exceeding 60-feet, the Yakutat backed off for the night,

Higgins, who had served in the U.S. Navy prior to entering the Coast Guard, never considered himself a hero for the rescue of the men off the Mercer.

hoping to discourage the rest of the men on the Mercer from making an attempt to swim to the cutter.

Early the next morning, as the bow of the Mercer tilted upward in the water, the men made a rescue plan to shoot a line with a raft secured to it from the Yakutat to the Mercer.

"Wayne was the shooter," his wife, Sandra, explained. "He had only one shot."

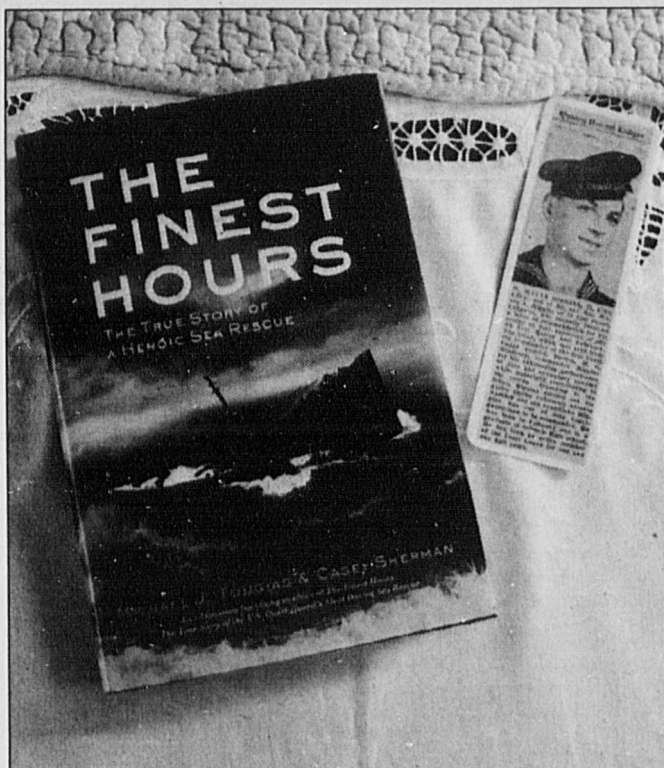
In "The Finest Hours," the authors explain the Yakutat needed to get as close to the Mercer as possible, but the Mercer was swinging and pitching so wildly that the captain of the Yakutat dared not get too close.

"The men on board the cutter watched silently as the shooter, Wayne Higgins, prepared to fire the line," it states in the book.

Higgins, now 85, recalled having to stand at the very top of the bow of the Yakutat.

"There was a storm but I knew I had to get the line across," he said. "I had to be careful not to slip on the ice. I had to get that shot right. The boat was still moving. I had to wait for the right moment. If I didn't get it, those last two guys wouldn't have made it."

Higgins, an expert marksman, had to send over a life raft by shooting a messenger line gun, which the book explains as a modified Springfield



Wayne Higgins was a member of the Coast Guard crew that was involved in the rescue mission off of Chatham that is depicted in the book and movie, "The Finest Hours." A clipping from The Patriot Ledger from June 4, 1952 reports on a letter of commendation he received for the rescue mission. WICKED LOCAL STAFF PHOTOS/ROBIN CHAN

rifle with a grenade charge that would fire the projectile, an 18-inch steel rod inserted in the gun's barrel.

On the end of the rod, protruding from the rifle barrel, was a 13-ounce brass weight with a small circular eye attached to it, and tied to the eye was a thin messenger line. This extended back into a canister about 8 inches long, mounted on the gun's barrel. The line was coiled inside the canister, ready to be taken across the sea when the projectile was fired.

"He had to use both hands to fire the gun and the bow was complete ice," Lannon said. "He had to let go of the rail; he could not hang on and thought for sure he was going to go overboard."

Higgins made the shot on the first try, successfully sending a raft to the men on the sinking Mercer.

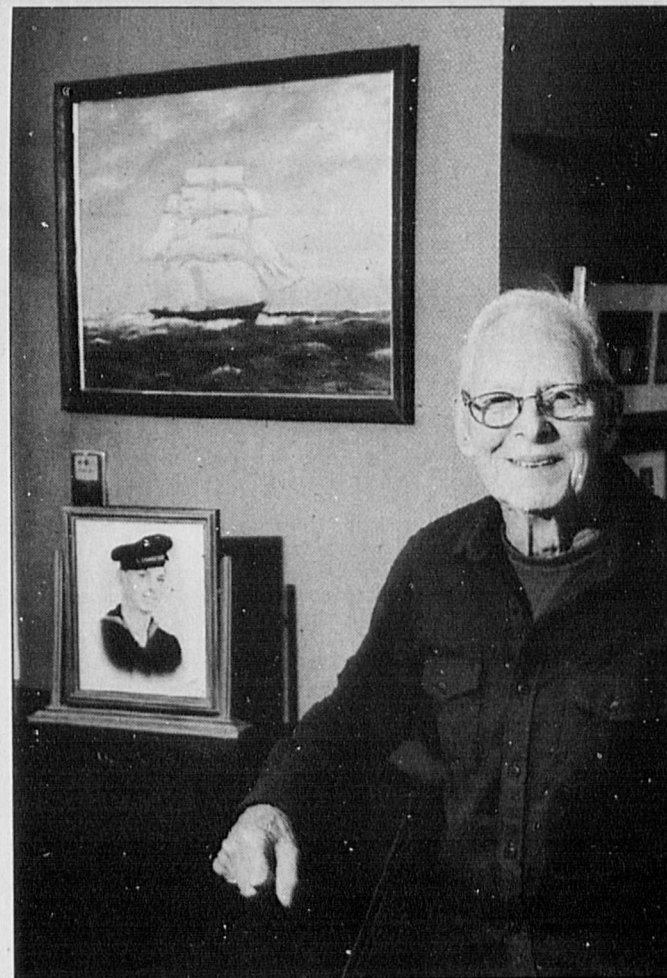
"The last two remaining men still had to jump into the icy water, but they made it to the raft," Lannon said. "Seventeen minutes later, the bow of the Mercer sank."

When his hand slipped after firing the line, Higgins cut open his finger.

"But I made the shot," he said.

Higgins, who had served in the U.S. Navy prior to entering the Coast Guard, never considered himself a hero for the rescue of the men off the Mercer.

"My stepfather never liked to talk about the rescue as it was such a horrific night," Lannon said. "Although he was able to help save the lives of four men from the bow of the Mercer, especially the last two men, he also witnessed five men perish in the ocean. They were swept away by the massive waves. He would say,



Wayne Higgins stands next to a picture of himself when he was in the Coast Guard.

"I wish I could have saved them all."

Lannon hopes when people see the movie they remember it's a true story, and what these rescuers were truly up against.

Higgins' heroic actions are acknowledged in an article from The Patriot Ledger the summer after the tragedy of the Pendleton and the Mercer. The article also mentions Higgins received a Letter of Commendation for his role in the rescue from the Commander of the First Coast Guard district of Boston, H.G. Bradbury, who commended him for "his outstanding performance of duty and exemplary conduct while materially contributing to the rescue."

According to the letter, Higgins carried out his

duties during extremely adverse weather and sea conditions.

Lannon's 11-year-old son, Brian, is close to his grandfather and enjoys listening to the story of the rescue.

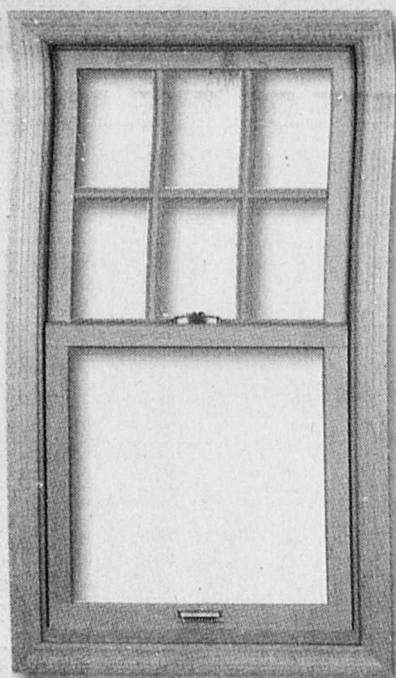
"I'm very proud of my Papa for serving in the Navy and the Coast Guard and for being a hero," he said. "I can't wait to see the movie with him."

Higgins and Sandra attended the premiere of "The Finest Hours," and then he went to see it again with Lannon and her husband, Russell.

"He was so excited," Lannon said. "He said, 'That was just like that night. The movie showed it well.'"

—Follow reporter Ruth Thompson on Twitter @scituateruth

RENEWAL BY ANDERSEN®

It's **GAME TIME!**You Can Score
BIG TIME
in 2 waysIf *50 points* or more are scored during The Big Game on February 7th, you could win...**FREE**
WINDOWS **
no purchase necessary**Our Big Game**
SALE *is here!***SCHEDULE and PURCHASE**
by **February 6th** for additional savings!Don't suffer from cold, drafty windows during **The Big Game** anymore!

Upgrade your windows to our exclusive Fibrex® composite material windows.

Fibrex material is a composite that will help increase your home's energy efficiency & comfort level, helping to save you money - and best of all, it requires no more painting or scraping!

Consider the fact that Fibrex isn't a vinyl window. By choosing Renewal by Andersen, you'll have peace of mind knowing your new windows will last for many years to come!***

ENGINEERED WITH
FIBREX®Call **855-337-5753** today!**Must Purchase By**
FEBRUARY 6TH**LIMITED CONSULTATIONS AVAILABLE**
Call for your **FREE in-home consultation** today!renewalbyandersen.com**Renewal**
by Andersen
WINDOW REPLACEMENT

an Andersen Company

The Better Way
To A Better Window™**Incredible Savings** even if 50 points aren't scored!**20%**
OFF *
When you purchase 4 or more**PLUS!** AN
ADDITIONAL
\$50 OFF
per window,
no minimum!**AND****NOTHING**
Down
NO
Payments
NO
Interest*for 12 months
(minimum of 4).

* OFFER: Offer expires 2/6/2016. Not valid with other offers or prior purchases. 20% off per window or patio door with no money down and 12 months no payments with no interest when you purchase four or more windows or patio doors plus an additional \$50 off each window or patio door with no minimum purchase between 1/17/2016 & 2/6/2016 with approved credit. No interest and no payments for 12 months available. Subject to qualifying credit approval. APR of 16.84% as of 3/1/2015, subject to change. Repayment terms from 0 to 12 months. Interest accrues during the promotional period but all interest is waived if the purchase amount is paid in full within 12 months. Savings comparison is based on the purchase of a single unit at regular list price. Available only at participating locations. See your local Renewal by Andersen location for details. VA license #2705155684, DC license #42021500125, MHC #12141, License MN: BC130983/WI:26695. Excludes MN insurance work per MSA 325E.66. All other license numbers available upon request. Some Renewal by Andersen locations are independently owned and operated. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2016 Andersen Corporation. All rights reserved. **Abbreviated Rules: ** NO PURCHASE NECESSARY. VOID WHERE PROHIBITED OR RESTRICTED BY LAW. A purchase or payment of any kind will not increase your chances of winning. Open to residents of the USA who are at least 18 years of age, who are homeowners, and who reside in the eligible geographic area. See full official rules at www.renewalbyandersen.com/biggame for all zip codes in the geographic area (which are in DC, IL, MD, MA, MI, MN, OH, PA, VA and WI). The Renewal by Andersen Big Game Promotion (the "Promotion") starts at 9:00:01 AM EST on 1/17/2016 and ends at 9:00:00 PM EST on 2/6/2016 (the "Promotion Period"). Employees and immediate family members of Renewal by Andersen and Brandmovers, and each of their respective parents, affiliated companies, sponsors, subsidiaries, advertising and promotion agencies and third party fulfillment or judging agencies are not eligible to enter or win the Promotion. To enter: (1) From 1/17/2016-2/6/2016, book an appointment for an in-home consultation with Renewal by Andersen either online at www.renewalbyandersen.com/biggame or by calling 1-844-202-8909; OR (2) print your name, full home address, phone number, email address and birth date (month and year) on a 3x5 index card and mail completed entry to Renewal by Andersen LLC, Attn: Marketing, 9900 Jamaica Ave. S, Cottage Grove, MN 55016. All mailed in entries must be postmarked by 2/6/2016 and received by 2/11/2016. Only one entry allowed per person and per household, regardless of method of entry. For full prize descriptions and for odds of winning, see the full Official Rules. If the two teams playing in the big football game being played in San Francisco, CA on 2/7/2016 reach a combined score of 50 points or more, then one (1) person in each Market (as defined in the Official Rules) will be randomly selected from all eligible entries received, to receive a \$10,000 voucher toward Renewal by Andersen® windows. If the score total from the game on 2/7/2016 is less than 50 points, then a First Prize will be awarded in each Market by random drawing. The First Prize is one (1) \$100 Visa gift card. For a copy of these Official Rules, visit www.renewalbyandersen.com/biggame or send a self-addressed stamped envelope to "Big Game Rules" Renewal by Andersen LLC, Attn: Marketing, 9900 Jamaica Ave. S, Cottage Grove, MN 55016. Sponsor is Renewal by Andersen LLC. Administrator is Brandmovers, LLC. ***See limited warranty for details.

SPORTS

QUESTIONS? Contact Sports Editor William Wassersug at 781-837-4577 or wwassersug@wickedlocal.com.

SPORTS NOTES

Send Your Stuff

William Wassersug is the Sports Editor for the Cohasset Mariner. Please send your story ideas, stories and photos to wwassersug@wickedlocal.com and follow him on Twitter @scifisportsguy

YOUTH BASEBALL

CYBSA registration

Spring is around the corner, and Cohasset Youth Baseball and Softball Association's online Registration for the 2016 season is now open through March 1.

The registration process is available by visiting www.CYBSA.net.

Late fees of \$50 will be applied beginning March 1 and registration will close on March 25, 2016.

Cooperation in registering players in a timely manner is greatly appreciated as it allows the CYBSA to establish rosters and order equipment and uniforms to be ready for Opening Day.

Please direct questions to Jen Miller at jencoakleymiller@mac.com or 704-609-1267.

HS SWIMMING

Skippers beat Middleboro and North Quincy

The Cohasset swim team continued their winning ways beating Middleboro (Girls 99-82, Boys 72-63) Thursday Jan. 28 and North Quincy (Girls 89-65, Boys 80-54) Tuesday Feb. 2.

Senior standout Julia Klier remains undefeated in all of her events while freshman star Dean Spicer lowered the school record in the 100 fly to a personal best time of 56.63.

The team will compete in the regular season league championships Feb. 5 at Randolph High School.

GIRLS YOUTH SOCCER

Hot Shots Soccer still has openings

Hot Shots Soccer, was set to kick off the 2016 season, Jan. 24, but weather changed that and the season opened Jan. 31.

The program for girls uses puppets, parachutes, pillow fights and other imaginative, kid-friendly activities in a non-competitive, fun, supportive environment to develop soccer skills and self-esteem in preschool through fifth-grade girls (ages 2-10). Hot Shots also encourages reading, offering the girls a choice of hundreds of books each week. The girls take four home each week for reading with their parents.

Hot Shots is based in Marshfield but is open to girls from all South Shore communities.

SEE NOTES, B3

GIRLS HOCKEY

Fulfilling a goal

Girls qualify for tournament

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset-Hanover girls hockey team has been on a roll all season and nothing changed this week as the girls qualified for the MIAA Tournament with a 3-1 win over Scituate Saturday Jan. 30 at Hobomock Arena in Pembroke.

Cohasset-Hanover took

control quickly, scoring three goals in the first period. They never looked back and allowed the lone goal with 51 seconds to play in the game, although Scituate battled back and they had a lull late in the game.

"I was very pleased with how we came out in the first period," Cohasset-Hanover coach Deb Beal said. "We knew we had to be aggressive and try to score first. Scituate is a good team and one that can find their way into any game. Rob (Scituate

coach Bob Rosata) does such a wonderful job with them. They never stop playing."

Senior Karly Bowen scored twice, including the first goal, and sophomore Alyssa Wilcox added a goal for Cohasset-Hanover.

Beal was glad to get the early jump.

"We fortunately scored early," she said. "We played a great first period applying a lot of offensive pressure, but as the game wore out

SEE GIRLS H, B2



Cohasset's Kaitlin McGovern and Scituate's Christine Cutting tangle during Cohasset-Hanover's 3-1 win Saturday at Hobomock. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

BOYS HOCKEY



Cohasset's Kyle O'Brien loses the handle against Norwell. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

CLOSER TO THE PRIZE

Ice men notch wins over Hull and East Bridgewater

By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys hockey team has shown some strong resilience this season, and after a stretch of tough games came back with big wins Jan. 30 and Feb. 3.

In the team's most recent outing, the Skippers outlasted Hull 4-3 in a South Shore League battle to raise their league record to 6-1 and 7-6 overall.

Junior Michael Cohen, junior Jimmy Farren, sophomore Kyle Ferreira, and freshman Matt Lund scored for Cohasset while senior Kyle O'Brien collected a pair of assists.

Senior Liam McHugh earned the win in net.

"We really pressured them for the majority of the game and generated some quality scoring opportunities," Cohasset coach Phil Mahoney



Cohasset's Kyle Ferreira takes control of the puck against Norwell.

"With only two goals in our last two games, we had been struggling to put the puck in the net. We challenged the team to simplify things and focus on getting shots to the goal and driving to the net."

Phil Mahoney, Cohasset coach

said. "I liked our back checking and that helped our transitional play. Two third period goals on mistakes overshadowed an otherwise solid effort by the team. We are happy with the win and the points."

In a 7-2 win over East Bridgewater, Saturday, Jan. 30, O'Brien and freshman Lund led the way for the Skippers with two goals apiece in a South Shore League

SEE BOYS H, B2

SPORTS ROUNDUP

Punching the ticket

Girls basketball qualifies for tourney, boys still in chase

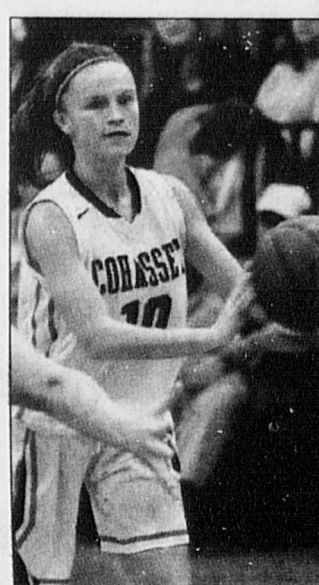
By William Wassersug
wwassersug@wickedlocal.com

The Cohasset boys and girls basketball teams had a rough one Tuesday night, February 2, with both squads losing games to Norwell.

The girls lost 50-22, while the boys weren't able to hold onto an early lead and dropped a 63-51 decision.

For the girls, the loss was a temporary setback, as the team scored an impressive 43-29 win over Mashpee, Friday Jan. 29 to pick up

SEE ROUNDUP, B3



Meg Rosano looks to pass against East Bridgewater Jan. 15. Cohasset won 40-26. WICKED LOCAL PHOTO / WILLIAM WASSERSUG

ATHLETE OF THE MONTH

★★ Shea Kearney ★★

"As usual Shea Kearney played amazing and kept us out of a lot of trouble. We were able to fend off two five-on-three's with her outstanding play. She recorded close to 40 saves."

Cohasset-Hanover coach Deb Beal on her performance in a 0-0 tie with Quincy/N. Quincy



Cohasset's Shea Kearney
WICKED LOCAL PHOTO / WILLIAM WASSERSUG

Shea has been the key factor in Cohasset-Hanover's 8-1-2 record, with a .953 save percentage and a 1.34 GAA. She also has three shutouts.

Sponsored By

STILES LAW

stiles-law.com
892 Plain Street
Marshfield, MA
781-319-1900



Alison Freeman, DMD

Freeman Dental Associates
OF COHASSET
Cosmetic & General Dentistry

746 Chief Justice Cushing Highway
781.383.6555

FreemanDentalAssociates.com



Jillian Smith, DDS



George Wharton, Mity Hill, Bertie Cayzer, T&R Head Pro Tony Hollins. COURTESY PHOTO

YOUTH TENNIS

Hill makes consolation round of Wharton Cup

Cohasset freshman shines in USCTA event

The Cohasset Mariner

Fifteen-year old freshman Mity Hill made it to the finals of the consolation round in the US Court Tennis Association sanctioned Wharton Cup

held at the Tennis and Racquet Club in Boston last weekend.

After losing a nail biter in the first round to A McMillan 7-8 Hill notched victories over top ranked USCTA junior Ben Dickinson 8-6 in the quarterfinal and southpaw Gary Multer 8-7 in the semifinals before losing 6-8 to Bertie Cayzer from London in the back

draw finals.

The USCTA Junior Player Development founded and funded by John Lieb of Newport has selected Hill for continued training and development by world ranked T&R Head Pro Tony Hollins. The two victories will move Mity inside the top 15 nationally ranked juniors in the country next week.

HOCKEY

Toros edge Crusaders

South Coastal Hockey League roundup through Jan. 31

By Mark Ducharme
Correspondent

The South Coastal Hockey League game between the Toros and the Crusaders was expected to be close and it was.

The Toros got a goal by Steve Figlioli with 29.6 seconds left on a pass by John Tympanick to pull out a 4-3 win over the Crusaders for their third straight win.

Jeff Vancura, Steve Colella and Paul Brinkman also scored for the Toros, who led 2-0 and 3-2 in the game.

Jim Donovan and Steve Mudge both of Marshfield

and Mike Simon scored the goals for the Crusaders.

Tom Pipenbrink's second goal of the game was a shorthanded one to break a 3-3 tie and give the Whalers to a 4-3 win.

Don Sullivan also scored two goals and Pembroke's Eric Morgan had two assists for the Whalers.

Jim Ford scored two goals and Chuck Ryan added a goal and Jim Mulhern had two assists for the Saints.

Paul Lafond of Hanover had five points which included two goals and three assists in the Sharks, 5-1 win over the Stingrays.

Marshfield's Tim Cruz also scored two goals and Tim Fallon had a goal and an assist for the Sharks.

Norwell's Joe Murray scored for the Stingrays in the third period.

GIRLS H

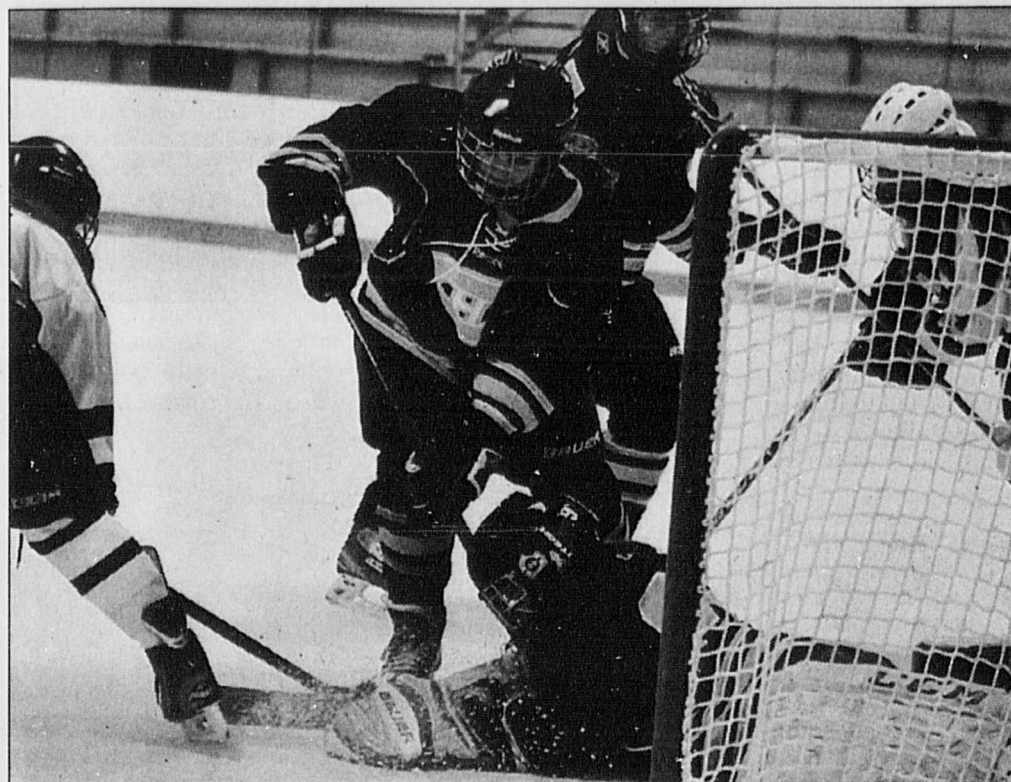
From Page B1

intensity waned. We played an even second period and we were outplayed in the third. We don't have an explanation for it but it's been a topic we've been addressing all week. The season winds down very quickly from here and we need to sort some things out and play a full 45 minutes in the next few games. We currently need one point to qualify for post season. We have our eyes on a league championship but know that if we don't play with intensity and as a cohesive unit that opportunity could easily slip away. Hopefully we peak when we need to and continue to develop confidence heading into the remainder of the season."

The girls got the next point in their next outing, beating Boston Latin 5-1 Wednesday Feb. 3 to improve to 8-0-2 to qualify for the tournament.

Next up, the girls face Whitman-Hanson/Silver Lake at 4:40 p.m. Saturday Feb. 6 at Rockland, then head to Northeastern's Matthews Arena Monday Feb. 8 to play Boston Latin again at 5:30 p.m.

Wednesday Feb. 10, the girls host King Phillip at Zapustas for a 3:30 p.m. faceoff and will have another shot at Mansfield/Oliver



Cohasset-Hanover's Ellie Jackisch, above, helps goalie Shea Kearney in front of the net during a 3-1 win over Scituate, Jan. 30.



Left, Cohasset-Hanover's Sam Taylor. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

Keep your finger on the pulse of
Central and Eastern Mass. at
WickedLocal.com.

SUPPORT THE JIMMY FUND

Get on the Right Course to Fight Cancer®



Kasey's Inspiring Story

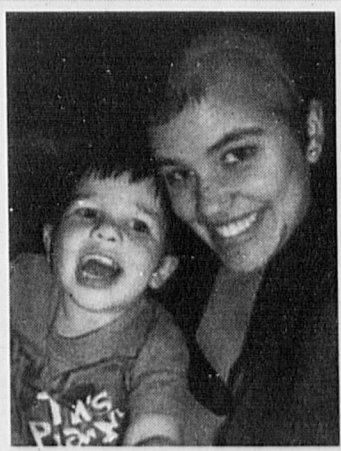
On her 25th birthday, Kasey Pilling had surgery to remove a cancerous brain tumor. Four years later, she's a mother of two and a soon-to-be college graduate.

"My life will never be the same, but having cancer taught me so much," Kasey says. "The support from Dana-Farber, along with the strength I found inside myself, has fueled my passion for helping others."

Dana-Farber gave Kasey a new chapter in her life. To say thanks, she started the **18 Holes of Hope** golf tournament to benefit the Jimmy Fund.

Join Kasey in supporting Dana-Farber's lifesaving mission and plan a summer or fall golf fundraiser of your own.

Start a tournament today at JimmyFundGolf.org



Brain cancer survivor Kasey Pilling thanks Dana-Farber for giving her hope and saving her life.

The Jimmy Fund®
DANA-FARBER CANCER INSTITUTE

GFGEN162241

Ames at Walpole's Rodman Arena, Saturday Feb. 13 at 3:10 p.m.

After that is the Gould Memorial Tournament with Norwell, Scituate and

Pembroke and the regular season finale against Ursuline, Feb. 25 at West Roxbury.



Cohasset's Kyle Ferreira takes control of the puck against Norwell.

BOYS H

From Page B1

victory.

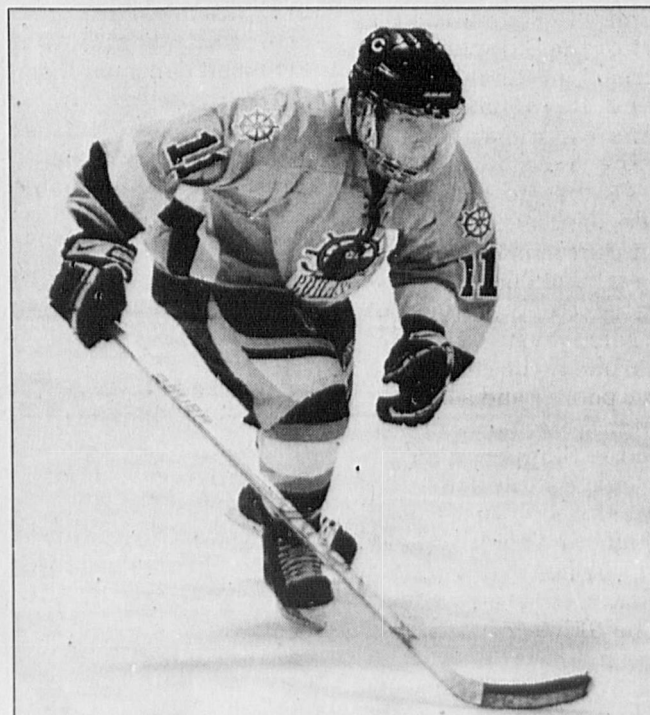
Senior Jackson Dutton, Ferreira, and freshman Conor Joslin each added solo goals.

McHugh earned the victory in goal for the Skippers.

"With only two goals in our last two games, we had been struggling to put the puck in the net. We challenged the team to simplify things and focus on getting shots to the goal and driving to the net," Mahoney said. "Most of our goals tonight were rebounds and second chance opportunities. Hopefully this is the catalyst we needed to create some production with every game and all points important for our season."

Norwell coach Jim Casagrande is a fan of the Skippers.

His team beat Cohasset 2-1 in a thriller Jan. 16



Cohasset's Brad Winn. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

and are slated to play again Wednesday Feb. 10.

"They're a great team. They don't stop," Casagrande said. "They keep going and you've really

got to bury your chances because if you don't it's one bad bounce and the game is going the wrong way. They're a good hockey team."

FIELD HOCKEY

Adult league takes off

New league at South Shore Sports Center fills in just two weeks

By Chris McDaniel
cmcdaniel@wickedlocal.com

When the South Shore Sports Center opted to host an adult field hockey league on Tuesday nights in the winter, it was unsure of what the support would be.

Outside of Boston, adult field hockey leagues are few and far between in Massachusetts.

But just by word of mouth, the league was full with 40 women signed up for four teams within two weeks, including on from Hanover.

Hingham High field hockey coach Susan Petrie helped start the league with SSSC's Steve McAuliffe.

"Once I moved out to the suburbs there was nothing," said Petrie. "For a long time I was commuting on Saturdays and Sundays into MIT. Then I had kids and didn't have as much spare time so I had to let it go for a little while."

"Especially with coaching

where I'm around the sport all the time it was frustrating to not to be able to play myself. Coaching is so much fun but nothing takes the place of actually getting out there with a stick yourself."

Petrie's feelings were clearly echoed by how quickly the league filled up. The new season will start in late February and interest has continued to grow.

"I've talked to Steve and he said there's a waiting list for people who didn't get into the league, which is great," said Petrie. "The interest is definitely there, I'd love to see it expand to an eight-(team) league. If we get the word out there there's probably more people who would love to play but just don't have any way of finding out about this."

Those interested in joining the league can contact McAuliffe by email at info@southshoresportscenter.com or call

781-740-1105. Petrie also runs a facebook account named South Shore Women's Field Hockey.

Games are seven-on-seven without goalies and 50 minutes long. Standings are kept and there are playoffs.

During the few years Petrie was not in an official league, she played pick-up with a few friends. That group included Michelle Badger of Plymouth, Leigh Bryer of Hanover and Sherry Holmes of Pembroke.

"The core group of us have been playing together for a while," said Petrie, "and our numbers were so small for so long that I was surprised all of a sudden that there are all these people from all over the South Shore who did play and now they're just coming back to it."

During the 'pick-up' years, they were nomads. Now, Petrie thinks adult field hockey has found a



Leigh Bryer, from Hanover, maintains possession using her stick skills. WICKED LOCAL
STAFF PHOTO / ALYSSA STONE

home at the SSSC.

"We've had such a hard time over the years," said Petrie. "We've had to play at 9:30 at night on a Wednesday in the middle of winter or we've played in grass fields that haven't been cut in a month during the summer."

Although the league has high-level players, it's open to all. Free agents are

welcome.

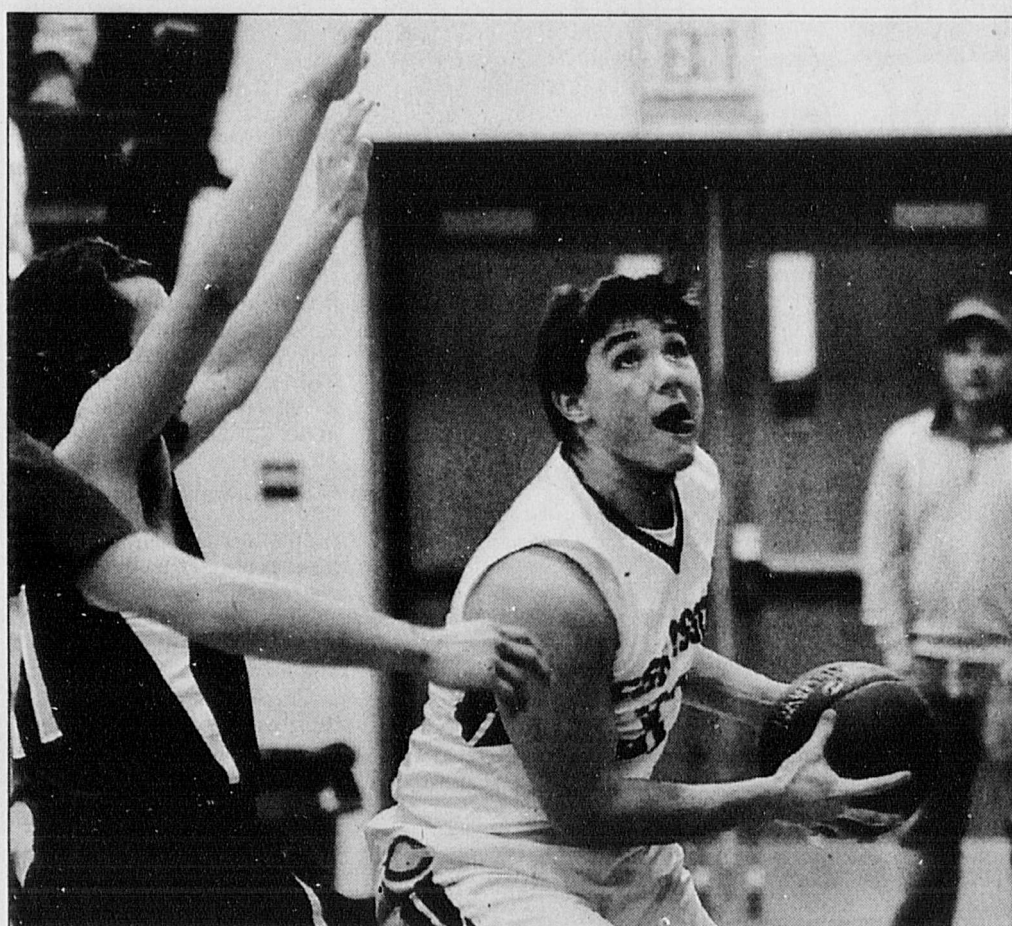
"We just want people to play," said Petrie. "It's such a great sport."

Petrie plays for a Hingham team filled with her former players at Hingham High.

"When they want me to pass they're yelling 'Miss Petrie' in the middle of the field when I keep trying to tell them they're grown-ups

now, they're teammates and they can call me by my first name," said Petrie. "We joke around a lot more. They say it's their turn to yell at me if I miss the ball or do something wrong."

Before Tuesday's games, Hingham was in first place with a 4-0 record. SSSC was second at 3-1 and Hanover was third at 10-3. The 90's Vikings are in fourth.



Cohasset's Alex Norton goes inside against Carver Jan. 26. WICKED LOCAL PHOTOS / WILLIAM WASSERSUG

ROUNDUP

From Page B1

win No. 10 of the season and punch a ticket to the postseason with a 10-6 record.

Elle Hansen, Zoe Doherty and Meg Rosano each scored 9 in the win and MC Crumley added six rebounds.

Cohasset had the edge at halftime, taking a 16-10 lead, then took control in the third, outscoring Mashpee 19-8 to take a 35-18 advantage into the final frame.

The win clinched a third straight trip to the MIAA Div. 4 Tournament.

Another girls basketball player, Emily Rosano, a senior captain, was set to sign a Letter of Intent to play soccer at Stonehill next season.

Emily Rosano was a big part of the Skippers deep tournament run in the fall.

The boys basketball team's loss to Norwell came on the heels of a tough 49-48 loss to Mashpee, Friday Jan. 29.

In that game, Cohasset led early, taking a 15-9 lead into the second quarter, and got some magic from Sam Lelio before the half, with a three pointer and a buzzer-beater from half court to give the Skippers a 29-27 advantage at the half.

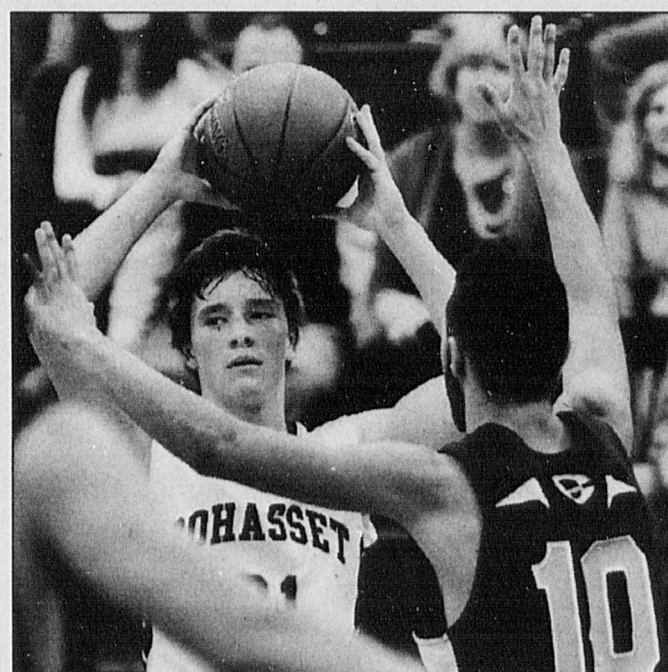
Mashpee hung tough though, and took a 49-46 lead with less than a minute to play.

The Skippers managed to get two back, but weren't able to duplicate the end-of-the first half magic.

The two losses dropped the Skippers to 7-6.

Pack the Gym nights

The Skippers are hosting 'Pack the Gym Nights' for



Cohasset's Christian Hanke looks to pass the ball as Carver's Anthony Roberson defends Jan. 26.

both boys and girls games.

All Cohasset Youth Basketball Recreation and Travel Team players will receive free admission to the games if they wear their Cohasset Basketball jerseys or t-shirts.

For the games, the side gym and the school hallways will not be open as "play areas" and the expectation is that the kids will come to watch come to watch the games, cheer on the Skippers and be supervised by an adult.

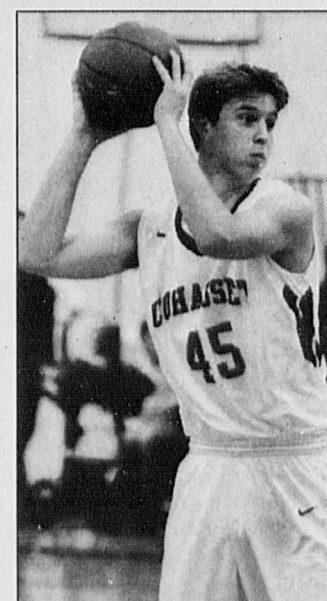
The boys night is Friday Feb. 5 against Monomoy and the girls night is Friday, Feb. 12 against Hull.

Hull edged the Skipper girls last week and can use a big crowd as they prepare for playoffs.

Senior nights are also on the horizon with the girls game Feb. 22 against Holbrook and the boys Feb. 24 against Falmouth.

Wrestling/ gymnastics

The wrestling team



Chase Borneisler.

improved to 7-8 with wins over Belmont and Norwell Friday Jan. 29., and the gymnastics team also scored a win, beating Thayer 124.35-102.8.

Lacrosse

On the lacrosse field, Will Thomas committed to play lacrosse at Providence College.

NOTES

From Page B1

There are still openings in all the sessions, including several in the Advanced Skills noon session for grade schoolers. The sessions are: 9 a.m., 10 a.m., and 11 a.m. for ages 2 to 6 plus an advanced skills session at noon for grades 1-5.

The sessions are held at the Furnace Brook Middle School gym in Marshfield. Registration forms and more information are available on the Hot Shots website (www.hotshotssoccer.org).

For more information, call John Wilpers (617-688-0137-cell), write-hotshotssoccer@aol.com or go to www.hotshotssoccer.org.

THE U AT STARLAND

Drop in Court, Turf

Drop in and play on the court and the turf weekdays between 9 a.m. and 4 p.m. for \$7 at the University Sports Complex in Hanover. You can add a game of Laser Tag for \$5 or 3-for \$10 with the weekday special.

There is also a Play U camp Monday through Friday Feb. 15-19.

The program includes soccer, basketball, baseball, kickball, capture the flag, laser tag extrem and more.

Full day sessions are 9 a.m. to 4 p.m. The cost is \$50 per day, \$200 per week. Full-day includes pizza and a drink

alf day sessions are 9 a.m. to 12:30 p.m. and 12:30 p.m. to 4 p.m. The cost is \$30

Early and late pick up are available and there is a \$5 sibling discount.

For more information, call Shawna Burkhardt, 781-996-3053 Ext. 114 or shawnab@theuhanover.com.

BASEBALL

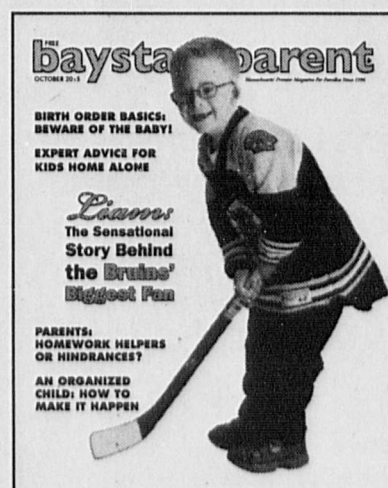
Hawks looking for assistant coach

The Marshfield Green Harbor Hawks of the Cranberry League, an amateur summer baseball league for college age and older players, are looking for a third volunteer coach to join the staff. The season is 27 games long with games around the South Shore on weeknights with double-headers on Sundays. The Hawks prefer candidates with coaching/playing experience at this level.

DON'T MISS THIS MONTH'S ISSUE OF
baystateparent

Available at
over 1,000
locations
throughout
the Bay State.

Pick your FREE
copy up today!



VISIT
baystateparent.com

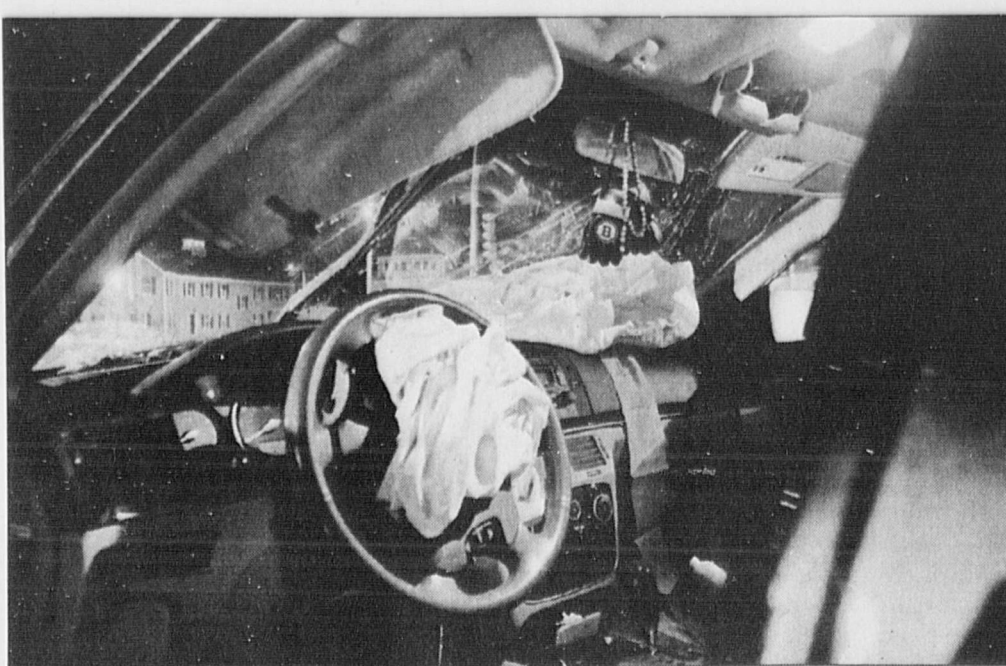
AND SIGN UP FOR A FREE "WEEKEND FUN PLANNER."

COHASSET POLICE/FIRE LOG

The following are excerpts from the Cohasset Police/Fire log. The log is public record and available for review.

Monday, Jan. 25

6:27 a.m.: Officer on traffic patrol at **Howe Road and Jerusalem Road**.
9:15 a.m.: A motor vehicle accident was reported on **King Street** by **Marylou's News**. A vehicle was rear ended and minor injuries were reported.
9:30 a.m.: A motor vehicle accident was reported on **Chief Justice Cushing Highway** near **Red Fox Lane**.
10:08 a.m.: **Wheelwright Farm** resident reports a scam call.
12 p.m.: A fire alarm was reported on **Sohier Street**. Officers reported the school had been evacuated, however, no smoke or fire was reported. The alarm was due to pull station activation on the first floor.
1:56 p.m.: Officer on traffic patrol at **S. Main and Summer streets**.
3:57 p.m.: Caller on north side of reservoir by the old dam off **Beechwood Street** reports clothing in the middle of the ice and no one around. Fire dept. located the party and he is find. Officer reports kids skating and they are leaving now.
4:36 p.m.: A caller reported seeing a yellow Lab with a black collar on **Riverview Drive**. The dog was dropped off at Scituate Animal Shelter.
5:02 p.m.: Caller from **Hammond Ave.** reports a white truck has been parking on the street during the evening hours; does not belong there. Requests officers check area.
5:37 p.m.: A caller reported a yellow Lab missing on **Beechwood Street**. Scituate Animal Shelter was notified.
4:47 p.m.: Suspicious activity was reported on **Border Street** by Atlantica. A caller reported a blinking light in the harbor. The caller also stated that it was not moving, but they didn't hear any noises.
6:31 p.m.: Caller from **Howes Lane**: 1998 black Saab reports she in on the trail, car is stuck and she is by herself. She is afraid and is locked inside her car.



TRAFFIC SAFETY TIP OF THE WEEK: Hanging objects from your rear view mirror can create a dangerous blind spot for drivers. They can block a driver's view of a pedestrian or sign, especially when making a right turn. These objects were found at a recent crash on Route 3A and created a safety issue. In certain situations, drivers can be ticketed for "Impeded Operation". COURTESY PHOTO

Express en route.
8:15 p.m.: Caller reports cars are illegally parked all around the **town common** from the Congregational church causing a traffic hazard.

Tuesday, Jan. 26

5:05 a.m.: A motor vehicle accident was reported on **Atlantic Avenue**. A caller reported hitting a patch of ice in the area and striking another vehicle. Caller reported she was not injured but wasn't sure of her location.
6:49 a.m.: A carbon monoxide alarm was reported on **Sohier Street at the Senior Center**. No carbon monoxide was detected and the area was secured. Issue with pilot light.
6:54 a.m.: A fire alarm was reported on **Chief Justice Cushing Highway at Hingham Lumber**. Services were rendered.
7:56 a.m.: Tree on wires on **Grace Drive**. Tree leaning on phone wires, not power line.
9:15 a.m.: Officer out on community service at **Osgood School**.
1:19 p.m.: Heading out of town just before the **golf course**, blue BMW convertible in middle of road unoccupied. Scituate Collision advises car has been taken care of.
1:25 p.m.: A suspicious motor vehicle was reported

on **North Main Street**.
2:42 p.m.: A burglary alarm was reported on **Atlantic Avenue**. The interior living room motion detector was set off. The area was checked and secured.
5:46 p.m.: Officer out at location on **Chief Justice Cushing Highway** to serve man papers regarding his driver's license for an immediate threat.
9:21 p.m.: A fire alarm was reported on **Wheelwright Farm**. A caller reported the alarm going off for about 10 minutes, however, no smoke or flames were reported. Caller admitted it smelled like something was burning. Nothing was found upon officer arrival. The area was checked and secured.

Wednesday, Jan. 27

2:37 p.m.: Threats were reported on **Chief Justice Cushing Highway** at the **South Shore Athletic Club**. A man threatened the caller and was seen heading north on foot toward Hingham. Officers apprehended the man and put him in protective custody.
3:03 p.m.: Assault and battery on **Elm Street**. A walk-in to the station reported that her neighbor attempted to hit her with his truck.
4:39 p.m.: Suspicious activity was reported on

Fernway. A caller reported she came home and thought she heard someone upstairs. Units completed a walk-through and secured the building.
5:04 p.m.: Office conducting traffic enforcement on **Red Gate Lane**.
5:29 p.m.: Mutual aid ambulance to **Scituate** for party who fell off bike and is complaining of back pain.
7:45 p.m.: Officer conducting traffic enforcement on **Red Gate Lane**.

Thursday, Jan. 28

5:40 a.m.: Caller reports white Ford Fusion has been parked on **Hammond Ave.** for a few days.
6:45 a.m.: Officer conducting traffic enforcement on **Forest Ave**.
7:18 a.m.: Suspicious activity was reported on **Mill Lane**. A caller reported a gray pickup sitting in the front of her address. She believed drug activity to have been going on. Units cleared the owner of the truck, who was spoken to with no issues found.
7:50 a.m.: A minor motor vehicle accident was reported at **Chief Justice Cushing Highway and Pond Street**. Services were rendered. Just a paper exchange.
1:03 p.m.: A brush fire was reported on **Elm Court**. A caller reported a brush

fire at the top of the hill. They could see smoke and thought maybe it was a structural fire.
6:25 p.m.: Fraud was reported on **Ledgewood Drive**. A caller reported getting a call from the IRS and believed it to be a scam.
8:14 p.m.: A motor vehicle accident was reported on **Forest Avenue**. Officers came across this accident. Scituate Collision was notified and responded.

Friday, Jan. 29

5:45 a.m.: Caller from **Hammond Ave.** reports a white Ford Fusion parked overnight and he wants something done about it.
6:55 a.m.: Officer conducting traffic enforcement on **Red Gate Lane**.
7:27 a.m.: Officer conducting traffic enforcement in the 300 block of **N. Main St**.
9:04 a.m.: Officer conducting traffic enforcement at **King and Sohier streets**.
2:58 p.m.: Larceny was reported at **Stop & Shop** on **Chief Justice Cushing Highway**. A walk-in reported the incident.
5:21 p.m.: Caller reports a maroon Honda Odyssey running across from Buttonwood in **Shaw's Plaza**. Child unattended. Vehicle gone on arrival.
5:37 p.m.: Officer on traffic patrol at **Beechwood and Doane streets**.
5:45 p.m.: Signals for train southbound at **King Street** rail crossing seem to be out.
6:04 p.m.: Silver Ford Fusion operating erratically at **Beechwood Street and Chief Justice Cushing Highway**. No headlights and crossing yellow lines. 3A southbound.
6:28 p.m.: A dead deer on the side of the road was reported on **Beechwood Street**.

Saturday, Jan. 30

11:01 a.m.: A suspicious motor vehicle was reported at **Atlantic Avenue and Jerusalem Road**. A caller reported an old green Blazer parked on the causeway. Parties were gone upon officer arrival.
11:38 a.m.: Officer conducting traffic enforcement at **Spring and Summer streets**.
5:43 p.m.: A hit-and-run accident was reported

on **King Street**. A caller reported a drunk driver hit a vehicle and took off. Services were rendered. Area towns notified.
5:44 p.m.: A burglary alarm was reported on **Deep Run**. Alarm company was notified and homeowners have been contacted. Owners asked officers to check house. Services were rendered.
6:29 p.m.: A disturbance was reported at **Papa Gino's** on **Chief Justice Cushing Highway**. Officers report a verbal dispute between a manager and employee.
9:14 p.m.: A suspicious motor vehicle was reported on **Wheelwright Farm**. A resident reported a light colored pickup truck with front-end damage in front of her home. Vehicle had consistent damage with an earlier reported accident. Vehicle was towed.

Sunday, Jan. 31

2:13 a.m.: A suspicious motor vehicle was reported on **Pond Street**. The area was checked and secured.
9:55 a.m.: A fire alarm was reported on **Cedar Acres Lane**. Alarms were reported going off and on for about 20 minutes and water was dripping out of the one of the detectors. No smoke or flames were reported.
11:18 a.m.: Suspicious activity was reported on **Stagecoach Way**. Caller reported a male cursing at a vehicle. Caller did not believe the male to be rational and there was possibly a child involved.
2:03 p.m.: A burglary alarm was reported on **Elm Street**. Basement motion alarms detected movement. Keyholder was notified and believes this is an issue with the alarm. Officers checked and secured the building.
2:07 p.m.: A caller reported a dog from **Highland Court** in her yard and reported it attacked her dog on **Stevens Lane**. Caller reported her dog was not injured but the problem is ongoing.
5:43 p.m.: A fire was reported on **South Main Street**. Alarm was set off by cooking food. The area was checked and secured.
11:26 p.m.: A fire was reported on **Timber View Lane**. A caller reported his fire alarm going off but did not see smoke or flames. Officers reported a battery issue with the detector.

HEALTH

How to dispose of old prescriptions

Unwanted or outdated drugs can become the target of theft and misuse, especially by teenagers.

To avoid theft and misuse, the Cohasset Police Department has a program designed to significantly reduce the prescription drugs in Cohasset homes that are either no longer needed or outdated.

America's 12 to 17 year olds have made prescription drugs the number one substance of abuse for their age group, and much of that supply is unwittingly coming from the medicine cabinets of their parents, grandparents, and friends.

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands. Law enforcement takes control of and destroys drugs on a regular basis as part of their regular operations.

Please join police in this effort by recognizing the need to remove unwanted or outdated drugs from your home.



The drug kiosk is available 24/7 in the police station for drop off of old, unused or outdated medication. COURTESY PHOTO

Law enforcement is the only entity legally able to accept these medications and process them properly so that they do not fall into the wrong hands.

You can participate by anonymously depositing these unwanted or outdated drugs in the police department's drug disposal kiosk, available 24 hours a day, 7 days a week, located

inside the police station lobby.

Note: Needles are not accepted. Liquids are accepted but should be tightly closed and then sealed inside a plastic bag.

MEMA

Tips on how to build an emergency kit

During Emergency Preparedness Month, the Massachusetts Emergency Management Agency continues to highlight the importance of building an emergency kit.

While some items, such as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize kits to meet one's unique needs and those of the family. Consider adding medications, extra eyeglasses, contact lenses, dentures, extra batteries for hearing aids, medical equipment, oxygen tanks, children's items, food and supplies for pets and service animals, and any other items that might be needed during a disaster.

When building your emergency kit, MEMA recommends using the following list:

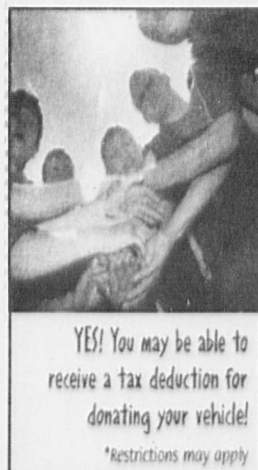
- Bottled water (1 gallon per person/per day for three days).
- Canned foods and nonperishable goods, particularly those that do not need cooking.
- Manual can opener.
- Radio (battery-powered or hand crank), NOAA Weather Radio and extra batteries.
- Flashlight or lantern, with extra batteries. (Candles are discouraged, as they present a potential danger.)
- First aid kit.

While some items, such as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone's kit, it is important to customize kits to meet one's unique needs and those of the family.

- Diapers, wipes, baby food, formula, if needed.
- Pet food, supplies, tag, crates, if needed.
- Prescription medications (two-week supply).
- Extra pair of eyeglasses, contact lenses, and dentures.
- Extra batteries for hearing aids, wheelchairs or other medical equipment.
- Medical oxygen tanks, if needed.
- Whistle to signal for help.
- Moist towelettes, garbage bags, soap, sanitizer and other personal hygiene items.
- Wrench or pliers to turn off utilities.
- Watch or battery operated clock.
- Copies of important documents and IDs.
- Cell phone and charger (also an auto, solar, or crank charger in case power is out).
- Cash.
- Water purification tablets and household chlorine bleach.
- Camp stove or grill (outdoor use only) with fuel or Sterno and waterproof matches or lighter.

- Change of clothes and sturdy shoes.
- Sleeping bags or blankets.
- Disposable plates, cups and utensils.
- Seasonal items such as warm clothes, hat and gloves for winter, and sunscreen for summer.
- Books, games, puzzles and other comfort items.
- Duct tape.
- Plastic sheeting or tarp.
- Check a kit at least annually, for any food, water, batteries, or other items that may need to be replaced or have expired.
- Consider also building a mobile "go-bag" version of an emergency kit to take in case one needs to evacuate to a shelter or other location. When building a go-bag, remember to include pet supplies, such as collars and leashes, a three-to-five-day supply of food and water, bowls, litter boxes, and a week's supply of medications that a pet may be taking, including instructions (in case an owner and pet are separated), as well as copies of a pet's vaccinations, medical records and prescriptions in a clean plastic bag or waterproof container.

—For more information about MEMA and Emergency Preparedness, go to www.mass.gov/mema.



Don't Trade in your Chance to Give.

Donate your unwanted vehicle to Special Olympics Massachusetts.

1-800-590-1600 | www.RecycleforGold.org

PLEASE RECYCLE THIS PAPER

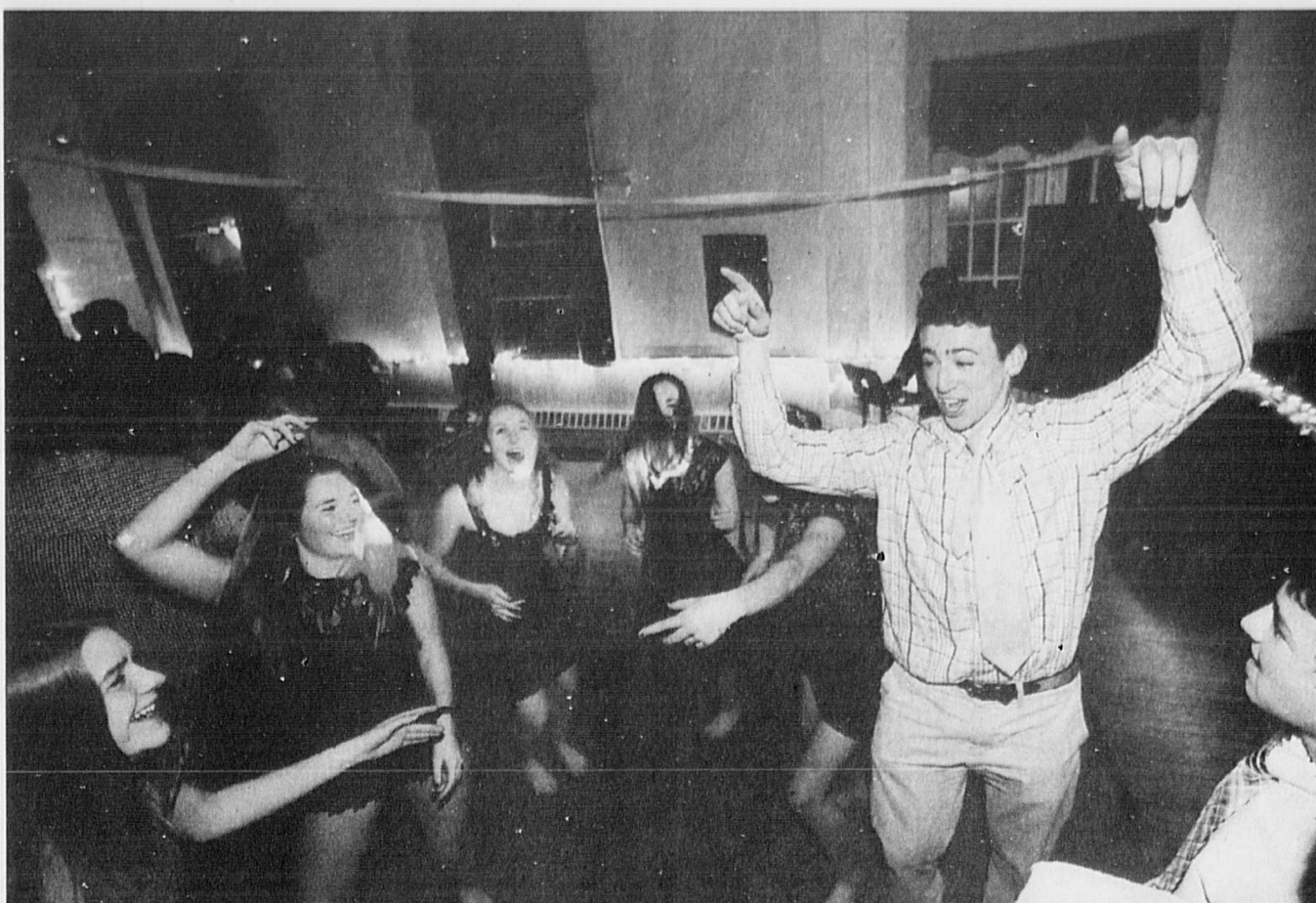
SEMI-FORMAL



Sophomore Brianna Smith, senior Owen Bernsee, and senior Meghan Considine laugh while having fun at their dance at the town hall on Friday.

WINTER WONDERLAND

STAFF PHOTOS BY ROBIN CHAN



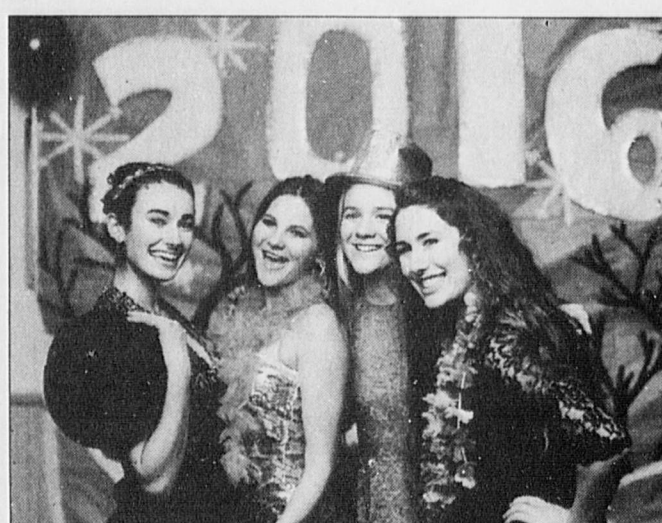
Junior Liam McDonald wows his classmates with his dancing skills during the Winter Wonderland dance on Friday, Jan. 29.



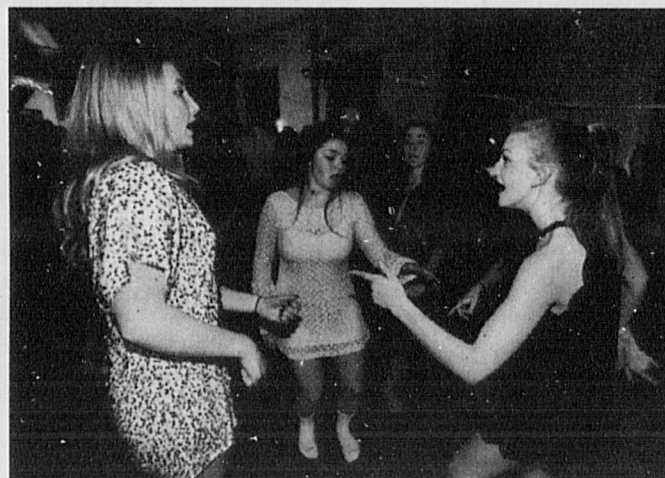
Freshmen Hailey Bestick and Samantha Kehoe take a selfie together during their Winter Wonderland dance on Friday, Jan 29, 2016.



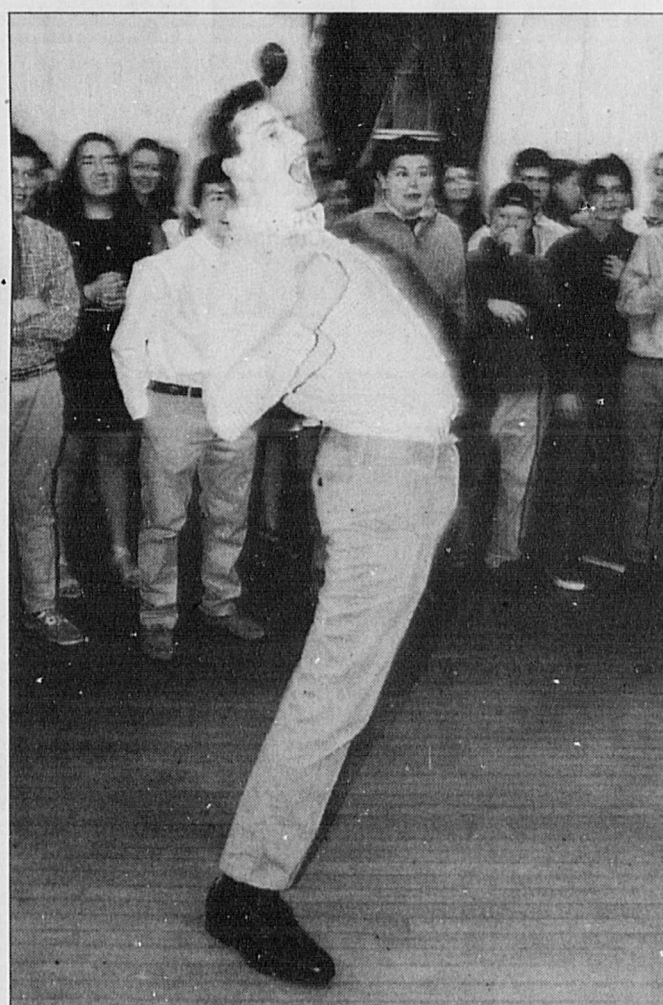
Sophomore Cora Quinlan, right, impresses senior Meghan Considine and junior Madeline Littlejohn with her dancing skills.



Seniors Caelin McDonald, Bretagne Guempel Olivia Arnold, and Julia Staf have fun with the photobooth.



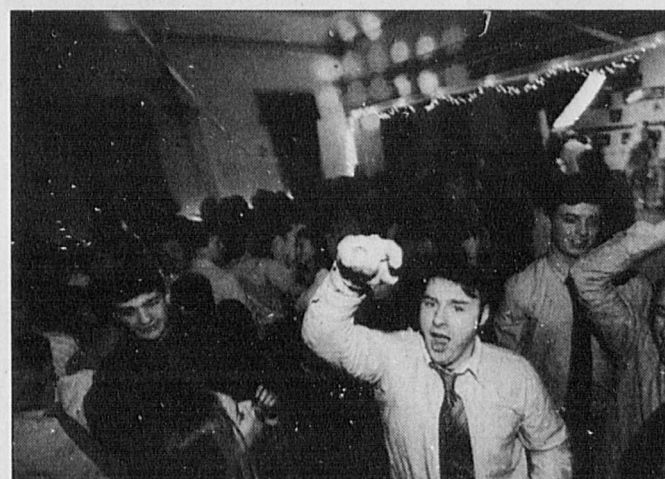
Junior Ellie Jackisch, right, dances with her friends during their Winter Wonderland dance.



Sophomore Derek Bennett hopes that Cam Newton and the Panthers will have a lot of celebrating on Super Bowl Sunday as he imitates his touchdown celebration.



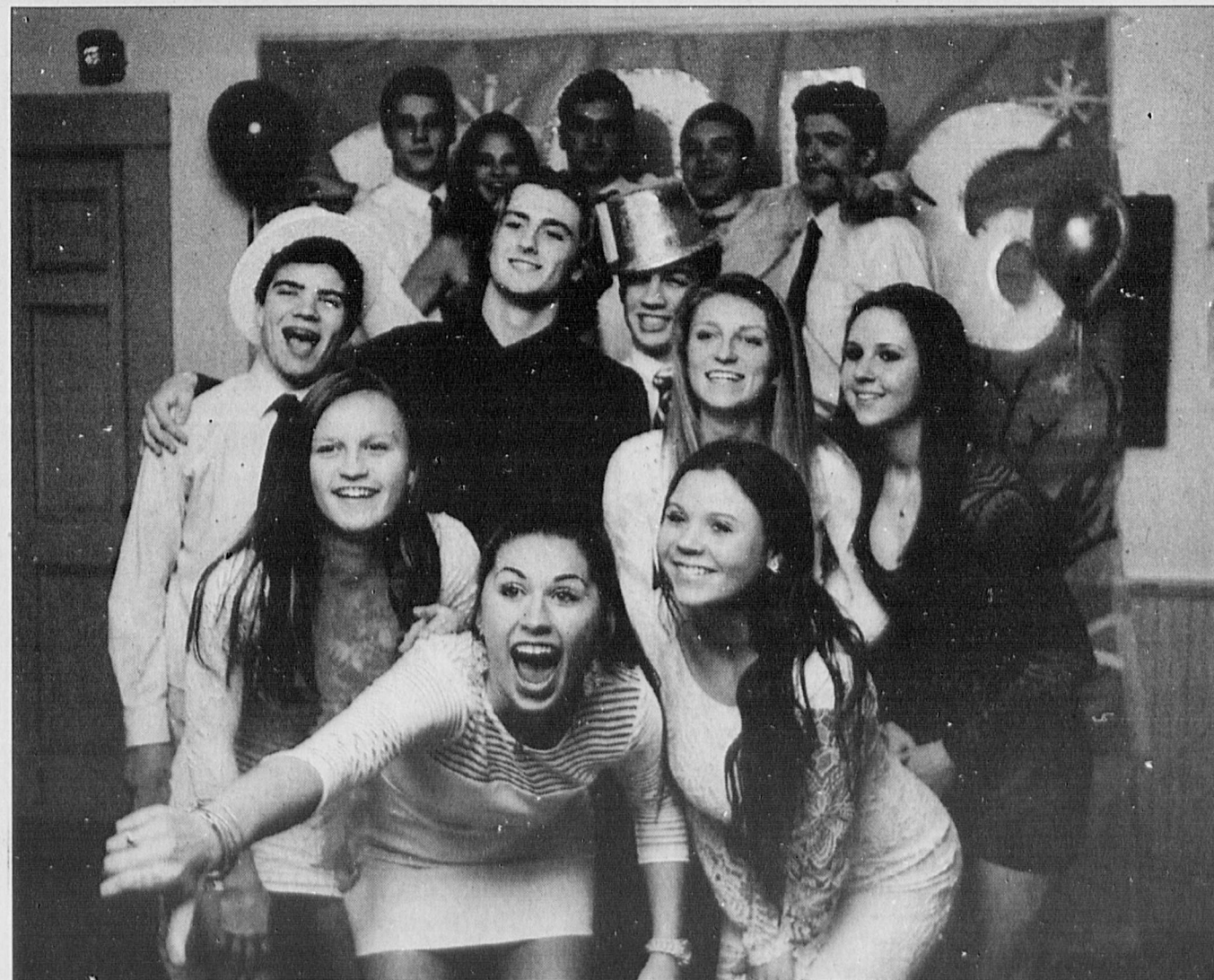
Seniors Luke Norton, Will Broderick, Ben Moy, and Chris Norton pose for a photo during their Winter Wonderland dance.



Senior Liam McDaid enjoys the dance with his friends on Friday.



Junior Dagny Nices dances with her friends.



A number of Cohasset High students pose for a photo in the photo booth.



A couple slowly dances in a sea of dancers during the Winter Wonderland semi-formal.

DON'T MISS THIS Community center nursery school sign-ups

South Shore Community Center Nursery School is currently accepting applications for two, three, four and five, Half Day Toddler preschool programs.

The school also offers a variety of extended day options to meet individual family needs.

For information or to arrange a tour of the school: 781-383-0036; amadden@southshorecommunitycenter.com.

**Find regional
news at
WickedLocal.com.**

SEPAC

Bring your devices to meeting Tuesday

Cohasset Special Education Parent Advisory Council (SEPAC) is pleased to host Assistive Technology: Executive Function Applications & Kurzweil Program workshop presented by Courtney Rose Dykeman-Birmingham. The presentation will be held at the school district's Administrative Offices in the Community Room (143 Pond St.) on Tuesday, Feb. 9th from 7 to 9 p.m. Bring your devices!

Having the technology is just the first step. For proper implementation of the technology, students need to understand how to use it efficiently. We

are lucky to live in an age where new technologies are being developed daily. Not every new app will help a student academically, but many can further support students to reach their full potential.

At this workshop, many of those applications and websites, particularly those that address executive function, time management and organization, will be discussed. This workshop will address the strengths of many apps and compare similar apps to help you find your best fit.

The Cohasset School District uses the Kurzweil

program (Text to Speech) as an assistive technology tool for students. Kurzweil is more than a screen reader; it can help students organize their notes, better comprehend their reading, improve their recall of the material and make finding specific passages easier. Kurzweil has much to offer students and this presentation explores the many features and how to access them to unlock the program's full potential.

Dykeman-Birmingham is training to become an Assistive Technology Specialist. Currently she is a senior at Mount Holyoke College majoring

For proper implementation of the technology, students need to understand how to use it efficiently.

in Neuroscience. Last summer she interned at NESCA where she developed a Summer Seminar Series on Assistive Technology, and provided assistive technology tutorials. Through those offerings, she was able to educate and train students, families, educators and advocates on various assistive technology options available today.

Currently, she volunteers at her college's AccessAbility Services (AAS) office. Through that position, she

supports students as they transition into college life, and work to overcome difficulties related to disabilities and transition. Additionally, she has presented workshops and offered tutorials on the use of assistive technology at her college.

The presentation is free and open to the public. Light refreshments will be served. For more information on this or other discussions on the South Shore, visit our Facebook page and www.Cohasset-SEPAC.org.

**Keep your finger on the pulse of
Central and Eastern Massachusetts at WickedLocal.com.**



Readers Choice

Ballot Board

WE'VE MOVED!

Come see us at:

400 Lincoln Street, Shop #2
Hingham
(On the 3A side of Lincoln Plaza
facing Trader Joe's)

(781) 749-2280

Ample Parking - Beautiful Yarns - Classes



**LARGE SELECTION
OF BEERS & WINES**

PROPANE GAS

SCITUATE APPAREL

PIZZA (FRESH & HOT)

ALL YOUR WINTER NEEDS

Village Market

Your friendly neighborhood grocer

the Y

**ALWAYS HERE
FOR OUR
COMMUNITY**

Thanks for voting the South Shore YMCA the
2015 #1 Health Club in Quincy & Hanover.

Thank You!

AVA Cucina

Voted Best Italian Restaurant, Cohasset

**Vote #1 • 3 years in a row
Thank You!**

The Goodale Company Inc.

INSURANCE

781-383-0787

CRAIG MARTIN
ARM, CLU, CPCU

www.cohassetinsurance.com

A NEW YEAR A NEW LOOK

**NEWLY
RENOVATED
PATIENT ROOMS
& PUBLIC SPACES**

**CALL TODAY
FOR A TOUR**

THE HARBORVIEW

1 Chief Justice Cushing Highway,
Cohasset
781-383-9060

**Thank you for voting us #1
11 years in a row!**

**Sea Chest
CONSIGNMENTS**

Across from Shaw's • Rte. 3A Cohasset
781-383-2293
Non-Profit sponsored by Seawinds Charity, Inc.

**HOMEMADE
LOCAL &
FRESH**

Authentic Greek Cuisine

TAKEOUT • DELIVERY • CATERING

OLYMPUS GRILLE

132 Chief Justice Cushing Hwy
COHASSET MA 02025 • 781-923-1917

JEWELRY BUYERS & APPRAISERS

**OLD GOLD
All Karats,
Any Condition**

**Matthew's
JEWELERS**

130 King Street (RT-3A)
Cohasset, MA
781-383-1200

ESTATE JEWELRY
Pocket watches, Vintage Jewelry

STERLING SILVER
Flatware, Tea Sets,
Trays, Jewelry

**U.S. GOLD &
SILVER COINS**
(1964 and Earlier
Dates for Silver)

DIAMONDS
1/2 Carat & Larger

Thank You for Regional Silver!

#1 Gift Shop 6 years in a row!

JOYE

196 Front St., Scituate Harbor
781-545-7273 • www.joyegifts.com

NOW OPEN

**AUTO WASH
AND DETAILING**

**Unlimited Washes
\$34.95/mo**

Save \$10

LAVA SHIELD

Save \$10 OFF a LavaShield Wash • Regular \$23.95, Now only \$13.95!
OUR BEST WASH!
One Coupon per Customer - Cannot be Combined - Expires 2/15/16

John's Car Care Inc.

**SPECIALIZING IN
European and Domestic Repairs
Auto Detailing by Appointment**

574 Chief Justice Hwyway
Cohasset, MA 02025
781 383 9955 • 617 842 6659

John T Kubik JR
Owner / Service Manager
jkubikjr_817@comcast.net

A tip of the hat to our Customers for making us
the top choice for 10 years in a row

FLOOR SHOW

**Presented by
Shannon Flooring**

The Premier Shop-at-Home Flooring Service

781-545-0960

www.shannonflooring.com

EXPRESS & FULL AUTO DETAILING!

Starting at \$29.99

828 CJC Highway Cohasset, MA 02025
781-923-1521 • www.southshoreautowash.com

**SOUTH SHORE
ATHLETIC CLUB**

182 Chief Justice Cushing Highway, Cohasset
781-383-3330

The Best in Town | The Best Around

**Readers Choice Awards
2016**

VOTE FOR YOUR FAVORITES

Ballots must be received by Wed., Feb. 10th at 5pm

**Be Well
STUDIOS**

YOGA • FITNESS • MASSAGE

**Thank You for a Great 2015.
Have a healthy 2016!**

be well studios.net

Communion Attire Has Arrived!

Exclusive selection
of dresses and
accessories for
First Communion,
Weddings,
Christenings and
special occasions.

For young men we offer suits,
blazers and slacks.
Shirts, ties and shoes too.

Carolann's
Since 1985

31-35 Main St., Hingham Square
781-749-8060

Store Hours:
Monday through
Saturday
9:30-5:00.

**Give a Gift that
touches the heart
forever**

Gift Certificates Available
Book now for best future dates

CEDAR POINT PHOTOGRAPHY

Linda Martin • 781-545-0227
cedarpointphotography.com

The Best in Town | The Best Around

WE WANT TO KNOW WHO YOUR FAVORITES ARE!
Vote for your CHOICE and a chance to win one of these great prizes!



Grand Prize! The Best of the Best

One grand Prize winner will win a **Beats by Dr. Dre - Pill 2.0 Portable Bluetooth Speaker**. This portable speaker lets you connect an enabled cell phone, tablet or other device, so you can wirelessly stream your tunes!

Second Prize

THREE runners-up will each receive a pair of tickets to see **Boston's Favorite Baseball Team** at a pre-determined regular season game.

Third Prize

FIVE third prize winners will each receive a **Gift Certificate** to a local restaurant or entertainment event/venue.

VOTE TODAY!

Vote locally. Write in your choice of the **BEST** in your area for the categories below or vote online at **wickedlocalfavorites.com**. In order to be eligible, each vote must include the town where your choice is located. For businesses with more than one location, please indicate the address of your #1 choice. **You must vote in at least 10 categories for your votes to be counted.**

Ballots must be received by Wednesday, February 10, 2016 at 5 p.m. The ballots will be entered and tabulated by an independent data processing firm. Results will be published in a special section inserted into your newspaper the week of June 20th and will be available online at **wickedlocalfavorites.com**.



Wicked Local Favorites



@wickedfavorites

WICKED
LOCAL

Business/Place Name	Town	Business/Place Name	Town
Local Shopping		41 Community Bank	
1 Men's Clothing Store		42 Insurance Agency	
2 Women's Clothing Store		43 Dance School	
3 Children's Clothing		44 Gymnastics, School	
4 Optical Shop		45 Retirement Living Residence	
5 Shoe Store		Local Flavor	
6 Bookstore		46 Restaurant For Breakfast	
7 Photography		47 Restaurant For Lunch	
8 Gift Shop		48 Restaurant For Dinner	
9 Jewelry Store		49 Fine Dining Restaurant	
10 Florist		50 Italian Restaurant	
11 Sporting Goods Store		51 Pizza Place	
12 Toy Store		52 Thai Restaurant	
13 Pet Services		53 Mexican Restaurant	
14 Liquor Store		54 Family Friendly Restaurant	
15 Furniture Store		55 Seafood Restaurant	
16 Carpet/Flooring Store		56 Chinese Restaurant	
17 Appliance Store		57 Sushi Restaurant	
18 Home Decorating Store		58 Takeout Restaurant	
19 Hardware/Home Improvement Store		59 Steak House	
20 Garden Store/Nursery		60 Bakery	
21 Consignment Shop		61 Coffee Shop	
Local Services		62 Ice Cream Shop	
22 Accountant/Financial Planner		63 Butcher Shop/Deli	
23 Maid/House Cleaning Service		64 Fish Market	
24 Landscaper		65 Bar	
25 Attorney/Lawyer		66 Caterer	
26 Veterinarian/Animal Hospital		Regional Favorites	
27 Martial Arts		67 Hospital	
28 Hair Salon		68 Wedding Venue	
29 Day Spa or Massage		69 Beach	
30 Manicure/Pedicure		70 Golf Course	
31 Tanning Salon		71 Museum	
32 Health Club/Yoga Studio		72 Place To See Theatre	
33 Weight Loss Center		73 Place For Family Entertainment	
34 Assisted Living		74 Summer Camp	
35 Doctor/Primary Care Physician or Pediatrician		75 Mall	
36 Dentist or Dental Office		76 Discount Store	
37 Chiropractor		77 Supermarket	
38 Daycare/Preschool		78 Car Dealership	
39 Dry Cleaner/Tailor		79 Tree Services	
40 Auto Service/Repair		80 Home Delivery Oil Company	
Reminder: You MUST include the TOWNS where your choices are located!		NAME _____	
*Readers Choice is a reader preference poll. This promotional program is not intended to be, nor is it represented as, statistically valid.		ADDRESS _____	
		CITY _____ STATE _____ ZIP CODE _____	
		PHONE _____	
		E-MAIL ADDRESS _____ <input type="checkbox"/> YES! I would like to receive Wicked Local's special offers, news and promotions via email.	

GUIDELINES (1) No purchase necessary. One entry per person. Must be a resident of Massachusetts. (2) Use original ballot or online ballot only. No reproductions will be accepted. (3) No ballot will be counted without name, address and phone number. (4) All results are final. (5) At least 10 choices must be written in for votes to be counted. (6) All contest winners drawn at random. No exchanges for prizes permitted. Game dates will be selected by GateHouse Media New England. (7) You must be at least 18 years of age to enter. Winners will be notified by phone, mail or email. (8) Any taxes are the responsibility of the winner. (9) Winners free GateHouse Media New England, its agents, affiliates and assigns from any and all liability whatsoever including personal injury, property damage or financial loss incurred while using the Readers Choice Prizes. (10) Each winner gives GateHouse Media New England, permission to publish his/her name, town and likeness with regard to the outcome of this drawing. (11) Employees of GateHouse Media New England, Automated Solutions Direct Inc. and their immediate families are not eligible for prizes. (12) Entries become the property of GateHouse Media New England. Not responsible for lost, late or misdirected mail or email. Void where prohibited by law. (13) Ballots must be received by February 10, 2016.

Mail To: Readers Choice Awards 2016 c/o Automated Solutions Direct Inc., 200 Jefferson Rd Ste 203, Wilmington, MA 01887

**"I lost 17.4 lbs and
10% body fat!"**

"The best part of my experience has been the results. I never thought I would or could change the way I look. All four components are truly a winning combination for a healthy lifestyle. It's very worthwhile and educational regarding nutrition. The trainers are helpful and encouraging."

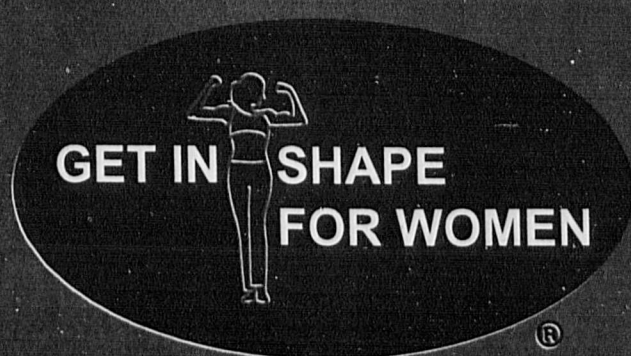
Donna Wray
Age 59, Library Assistant
Lost 17.4 lbs and 10% body fat

After



Before

Take Our **12 Week**
BODY TRANSFORMATION
CHALLENGE



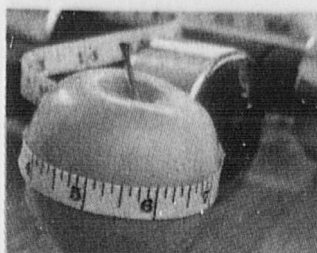
Small Group Personal Training

FREE WEEK TRIAL

New clients only. Offer expires 2/29/16.

CALL NOW (877) 304-4567

For career and franchise opportunities visit
www.getinshapeforwomen.com



HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2016

LIFESTYLE

Reduce stress and toxins

Massages and facials can do both

By Beth Doyle

bdoyle@wickedlocal.com

Although getting a massage or facial can feel like you're pampering yourself unnecessarily, those treatments may actually improve your health.

Long considered part of complementary and alternative medicine, massage is increasingly being offered along with standard treatment for a wide range of medical conditions and situations, according to the Mayo Clinic website. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension.

"There are so many good benefits to massage besides the stress-relieving aspect," Amy Chapman, owner of Aristocracy Salon and Day Spa in Plymouth, said. "It's definitely therapeutic, as well."

According to Chapman, most people seek a massage to relieve sore muscles, sore necks and sore backs.

"People don't realize the detoxifying benefit to it, as well," she said.

For those who don't think they'd like a full-body massage or don't have the 60 or 90 minutes to devote to it, Aristocracy also offers a 30-minute stress buster – a neck, shoulder and cranial massage.

Facials can detoxify and relax patrons, as well, Chapman said.

"With all the free radicals in the environment, your face is always exposed and you should take care of it. That's an hour, as well," she said.

Lisa Hebert, owner of Bella Aesthetics in Cohasset, also pointed to the physical and



While offering a relaxing respite from a busy schedule, facials also help reduce toxins in the face and neck. PHOTO COURTESY OF BELLA AESTHETICS

aesthetic benefits of having a facial.

"It helps to drain any fluids that are congested in the sinuses, thereby moving the toxins out. Once you do that, it makes your skin look a whole lot better and it makes you feel better, too. It reduces

the puffiness under your eyes and throughout the face and neck area."

In addition to the health and aesthetic benefits, patrons seek massages and facials for their stress-relieving aspects.

"Unequivocally, yes, facials are extraordinarily relaxing,"

Hebert said. "They are getting relaxed and walk out with the benefit of incredible looking skin. You just have to lie there and feel good. While the facial products are doing their job – they need time to penetrate deeply in the skin – I do a hand and arm massage from the fingers to the shoulder. Some people say they wish they had a third arm."

Bella Aesthetics, 818 Chief Justice Cushing Highway, Cohasset, can be reached at bellaesthetics@Comcast.net or 781-383-0000.

Aristocracy Salon and Day Spa is located at 25 South Park Ave. in Plymouth. Call 508-747-0744 or visit www.aristocracysalon.com for additional information.

PETER S. AMBRUS, M.D.

Ear, Nose and Throat Medicine and Surgery
for Adults and Children

**Expertise in Sinusitis, Snoring
and Sleep Apnea**

Crown Colony Office Park
500 Congress St., Suite 2-A, Quincy, MA 02169

www.pambrusmd.com

(617) 376-8840

LEARN - TO - SKATE CLASSES

RECREATIONAL • FIGURE • HOCKEY SKATING SKILLS

BAY STATE SKATING SCHOOL

CHILDREN AGES 4 1/2 - 18

As Featured on "Chronicle"

Sign Up Now! Over 47 Years!

781-890-8480

www.BayStateSkatingSchool.org

Non-Profit

Brookline
Cambridge
Medford
Newton/Brighton
Quincy
Somerville
South Boston
Waltham
West Roxbury
Weymouth

Your Winter Motivation is at Healthtrax

\$29/Month & No Dues Until March!

Bonus - FREE Personal Training Session

FIRST 100 ONLY!

30-DAY SATISFACTION GUARANTEE

healthtrax.com

WORLD CLASS AMENITIES

• NEW Group Cycling Bikes

• NEW Functional Training Area

• 60+ Motivating Group Classes Weekly: Cycling, Yoga, Pilates and MORE!

• Aquatics Center: Lap and Family Swim, Lessons & Classes

• Healthy Start Fitness Program with a Personal Trainer

• Personal & Group Training

• Leading Hospital Wellness Affiliations

• kidZONE - Kids Programs & Babysitting

GROUP POWER

ZUMBA

TRX

InBody570

TRIBE TEAM TRAINING



Healthtrax
Fitness & Wellness
Your fitness partner since 1979

Hanover Wellness & Medical Center
20 East Street • Hanover, MA 02339

781-275-0220

www.healthtrax.com

YouTube

f

Like us on: www.facebook.com/Healthtrax

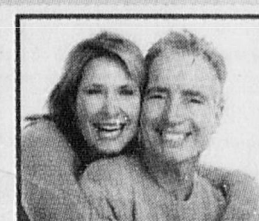
*First 100 new members by 2/29/16 on an annual regular plan pay no membership dues until 3/1/16 and pay \$29/month. Additional fees apply. Get a free personal training session up to \$60 value for new members by 2/29/16. Must be 18 years or older and may not be combined with other offers. Valid in Hanover, MA location only.

NWCH1337452

FREE CLEANING

with your

EXAM AND X-RAYS



ALL PHASES
of
DENTISTRY
"We Cater to Concord!"

\$250 VALUE

NOW

\$49

FOR NEW
PATIENTS
CALL NOW!

Littkedental.com

General & Cosmetic Dentistry

185 Lincoln St., Hingham

1-781-749-4040

*Must present this ad

NAC

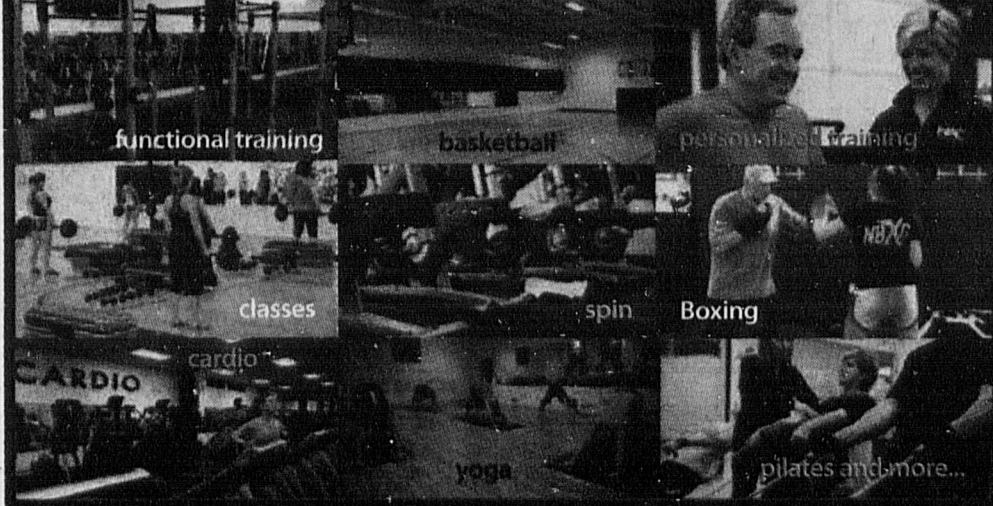
NORWELL ATHLETIC CLUB
www.norwellathleticclub.com
412 Washington St. Norwell
781.659.6565

FREE FIT
14 day free trial
MEMBERSHIP
for Feb. 2016 only

Revolutionizing fitness to fit your life.

NAC has transformed and expanded our facilities and services to provide you with a unique and flexible fitness experience that helps you achieve your health & fitness goals. We offer you more fitness and wellness options all under one roof. Let our highly trained professional staff work with you to assess, customize and revolutionize your fit lifestyle program. Bring this ad in to NAC today and experience how our Free Fit 14 Free 14-day Membership* will help you become better fit to fit your life.

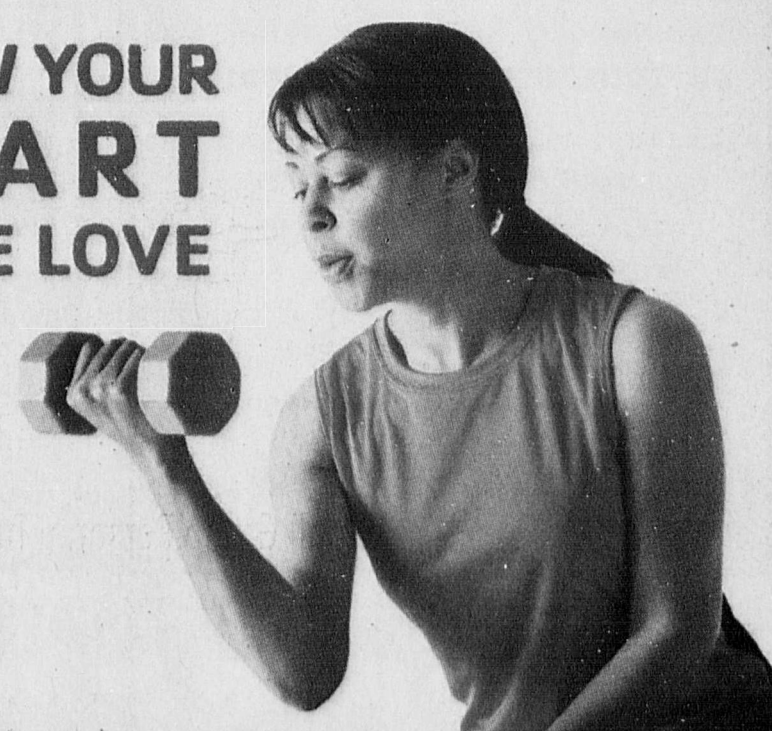
*Free 14-day Membership is available to new and past members only. It must be activated by Feb. 14th, 2016 and runs for 14 consecutive days. Participants must be age 21 or older.



the **Y**
YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHOW YOUR HEART SOME LOVE



February is American Heart Month
and the Y is here for your heart!

There's no better time to commit to improving your health.
When you join the South Shore YMCA community, you'll receive the tools, coaching and support you need to get on, and stay on, the right track to a healthy heart lifestyle.

Visit our Quincy Branch or Emilson Branch
in Hanover to join today!

SOUTH SHORE YMCA
ssymca.org

SPEECH • LANGUAGE • PATHOLOGY • Center

Accepting Medicare

Speech Language Pathology Center provides professional speech, language and feeding therapy in a comfortable boutique setting. We are nationally recognized for our innovative use of iPad technology to increase functional communication for you or someone you love.

Adult & Pediatric Services:

- Speech & Language Therapy
- Communication Utilizing iPads
- Oral Motor & Feeding Therapy

99 Longwater Circle, Norwell

781-792-2700



Please visit www.slpcenter.com to view the CBS - 60 Minutes
"Apps for Autism" segment with clinic founder, Ms. Taylor and patient, Josh.

Freeman Dental Associates

Cosmetic & General Dentistry

Partnering with patients for a healthy, beautiful smile. Our warm and knowledgeable team makes every visit a great experience.

VELSCOPE
Enhanced Oral Assessment

invisalign

Complimentary
Oral Cancer Screening
with VELscope!



Alison Freeman, DMD

746 Chief Justice Cushing Highway,
Cohasset

7 Gorwin Drive
Hanson

781-383-6555 781-293-2128

FreemanDentalAssociates.com

Chiropractic, it does a body good!

To learn more, schedule your

Complimentary Consultation

Call today! 781-923-1226



Dr. Lisa Lewis

Cohasset Family Chiropractic

814 C.J. Cushing Hwy, Cohasset

www.CohassetFamilyChiro.com



Swim Lessons/ Swim Team

Over 20 Fitness Classes... w/membership

Spinning, Yoga, Cardio Kick, Pilates Step,
Cardio, Tennis and More

- Adult Tennis Leagues ■ Junior Tennis Lessons
- Platform Tennis ■ Squash Lessons
- Hayes Sports Performance Training for Junior Athletes
- Kids Fitness with Membership ■ Summer Tennis Camp

CALL TODAY 781-545-1184 • Memberships Available

1004 C. J. Cushing Highway, Rte. 3A, Scituate

SCITUATE RACQUET & FITNESS CLUB www.srfclub.com

Don't Let Complicated Tax Returns Stress You Out this Year...



Experienced Tax Professionals for
Your Financial Well Being

- Income Tax Preparation for Your Domestic and Foreign Income
- Estate Planning • Trusts and Estates

Contact us at 781.878.1166

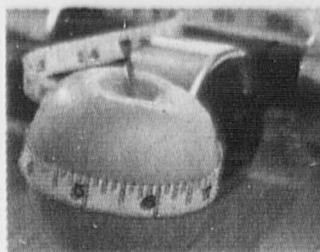
800 Hingham Street • Suite 200 South
Rockland MA 02370

www.mhlawgroup.com

free one-hour initial consultation



McGowan/Hoiberg Law Group, P.A.



HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2016

EXERCISE

Want to get fit?

Consider a personal trainer
for direction and accountability

By Beth Doyle
bdoyle@wickedlocal.com

If getting in shape was as easy as showing up at the gym a few times a week and following the directions on the fitness machine, it would be a piece of cake.

Therein lies the problem, though. While getting in shape we sometimes need someone to tell us, "no cake."

Although training with someone one-on-one can feel like you're back in school, it's just the oversight some of us need to reach those previously unattainable goals.

"People of all levels can benefit from working with a personal trainer," Derek Paiva, the executive director of the Old Colony YMCA Plymouth Branch that opened in October, said. "People who are unfamiliar with the equipment and need direction and accountability as well as athletes who are used to working out but want to bring it to the next level."

While personal trainer Doug Bennett, the owner of CrushIt Fit in North Scituate, agrees that personal trainers can help a wide variety of people seeking to get in shape, he chooses to focus on women.

"I've been doing this for 25 years and I've trained pro athletes to moms who want to get in great

shape after they have a baby or if they have an upcoming event. I help women who want to lose weight and get in the best shape they can," he said, citing his FitGirl app that reached No. 4 on Apple and his books on Amazon, one of which is the "21 Day Happy Girl Diet."

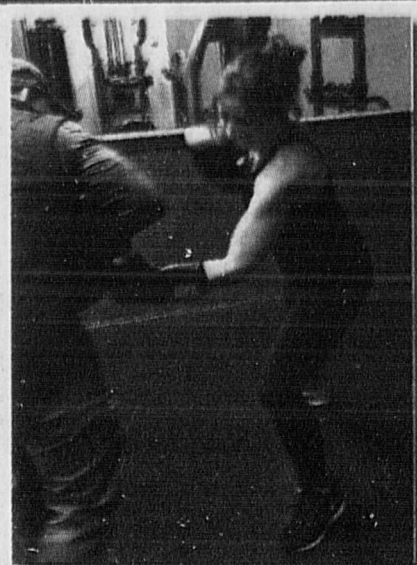
Most gyms in the area have a roster of trained professionals that can help you reach your goals.

Jill Murmes, executive director of the South Shore Athletic Club in Cohasset, has high praise for the personal trainers at her facility.

"All of our trainers have degrees in exercise physiology, if not masters," Murmes said. "A couple have strong medical backgrounds. The quality of the trainers I have hired is very strong academically."

She commended one in particular. "He's one of the best trainers on the South Shore," Murmes said, referring to Wally Peart, a trainer at her facility. "He's taken a ton of our athletes to Division 1 schools and he does some professionals, too. From kids to mothers to weight loss, he does the whole gamut in a positive, healthy way."

So if you've decided that 2016 is your year to seek your personal best, consider hiring a personal trainer. And remember, no cake (or at least not a big piece)!



Utilizing boxing and weights, Doug Bennett, left, focuses his training primarily on women.

Find the right personal trainer for you

Personal trainer Doug Bennett offers the following tips if you're thinking about training with a professional.

1. Find someone who is a specialist in what you're looking for, whether it's weight loss, strength training, rehab, etc.
2. Make sure your personalities match, and that you can be motivated by him or her.
3. Make sure they have proven success with other clients.
4. Check that they're certified and, most importantly, that they have experience.
5. Ask for references.

HEALTHY

Health care proxies

Rest easier: make
your wishes known

By Leanna Hamill
Special to GateHouse Media

Our right to make decisions about our health care is one of the most fundamental rights there is. When we are faced with making those decisions, we need to be able to get information, weigh the risks and benefits of procedures, consider our

own values and then decide how to proceed. If we find this situation difficult, think about how it would feel if our loved ones had to do it for us.

When we can't make or communicate health care decisions, there isn't an automatic person who is given that right. In an emergency, a doctor might turn to a spouse or family member, but only the person named in your health care proxy can make decisions on your behalf. And the only way



Leanna Hamill

they will know what decisions to make for you is for you to talk to them about it ahead of time, or put it in writing.

I've often heard people joke about those situations. "Oh, just pull the plug." Except there isn't usually a plug to pull. The situations aren't black and white and there is no "right answer." Maybe you've been in a car accident and are unconscious, or have had a stroke, or have advanced dementia and do not have the capacity to make those decisions. Then think about what might need to be done – a blood transfusion, a feeding

tube, CPR after a heart attack.

Do you know what you would want done? Does your family? Do your doctors?

Signing a health care proxy lets you pick an agent to act on your behalf if you become unable. Your agent is the person who has the legal right to evaluate the situation with your doctors, consider what they know of your wishes and make the decision regarding treatment. And talking to them ahead of time about your wishes, or writing a living will – a document that complements a health care proxy and spells out your desires concerning specific medical treatments – can help them feel more comfortable with the task.

When your doctor turns to your health care agent and says, "What should we do?" you want them to be able to know, with confidence, what you would want. Help your health care agent by thinking about your wishes, by writing those wishes down and then sharing those wishes with your family or whomever you are appointing to serve in this role. Because they are not making their own decision, they are communicating your decision. And they can't do this if you haven't told them what you wanted. It's a hard enough position to be in already – don't make it harder by putting the burden on them to decide.

To live healthily, you need to have peace of mind. Have that peace of mind by signing your health care proxy and letting your agents know your wishes, so that they can speak for you when you can't.

Leanna Hamill is a holistic estate planning and elder law attorney based in Hingham. To learn more about Leanna and her practice, visit her web site HamillLawOffice.com. Alternatively, you can reach her by phone at 781-749-2284 or by email at Leanna@HamillLawOffice.com.

Let Medicine in the Raw enhance your life with Naturopathic Medicine!



Dr. Kimberly Roycroft

Services Offered:

- Natural Health Consultations
- Weight Loss Solutions
- Rx/Supplement Review
- Organic Bulk Herbs
- Natural Lifestyle Classes
- Stress Reduction

Medicine in the Raw
Natural Health

22 North St. Suite 2, Hingham, MA 02043
(781) 534-9456
medicineintheraw.com

Get Summer Ready!

Now is a great time to begin a series of laser treatments, and walk away with smooth, flawless skin.

Whether you are looking to rejuvenate your skin, remove unwanted hair or a tattoo

Reflections Medical Spa

always wants to bring out
your inner beauty

30% off

Laser Treatments
(package of 6 treatments)

Offer expires
February 29, 2016

Reflections Medical Spa

25 High Street, Milton, MA 02186

617.696.7200

www.reflectionsmedicalspa.net

sara@reflectionsmedicalspa.net

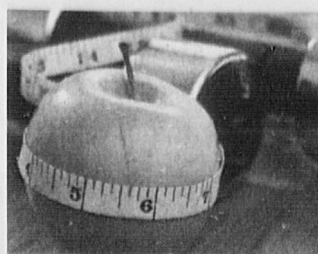
Hydrafacial • Botox • Fillers

TMJ/Muscle Relief • Chemical Peel • Massage

www.reflectionsmedicalspa.net • sara@reflectionsmedicalspa.net

Our Services

- Laser Hair Removal
- Reduction of fine lines and wrinkles
- Reduction of dark spots
- Reduce redness and Rosacea
- Tattoo removal



HEALTHYLIVING

A BETTER YOU THROUGH BETTER LIVING 2016

HEALTH

Screening for oral cancer

An important part of dental checkups

By Alison Freeman, DMD
Special to GateHouse Media

Most people realize that regularly visiting the dentist is important to their oral health. However, few people are aware of the extent to which oral health can impact overall health and the potentially life-saving role that a dentist can play, when using the right technology.

Each year, nearly 50,000 Americans are diagnosed with oral or pharyngeal cancer. While survival rates are high with early detection (over 80 percent at five years), the problem is that more often than not, detection does not come until the late stages, when survival drops to 50 percent.

As confirmed by recent research, risk factors for oral cancer have been expanded to include human papilloma virus (HPV), tobacco use, frequent and/or excessive alcohol consumption, a compromised immune system and past history of cancer. This changing demographic presents an unprecedented call to action for oral cancer awareness and regular screenings.

Oral cancer has impacted my family directly; a close cousin was diagnosed recently. For him, as with most people, the diagnosis was a complete surprise, but he was lucky that his cancer was detected early. I treat my patients the way that I would want my family treated and I always advocate for awareness, diligence and prevention.

At Freeman Dental Associates, as part of a routine

oral exam, we use VELscope technology, which allows our team to visualize abnormal oral tissue, such as potential cancerous or precancerous tissues that are not always apparent or visible with the naked eye. VELscope employs harmless bright blue-spectrum light to quickly and easily identify abnormal tissue in real time. While the healthy tissue fluoresces in a distinct pattern, dysplastic tissue or cancer disrupts the visual pattern, allowing for easy detection.

For the patient, the technology is safe, quick and does not incorporate any prolonged testing procedures or dyes that are often part of other oral exams. In fact, the VELscope exam takes place right in the hygiene room and takes less than two minutes.

While the incorporation of new technologies enables us to expand our capabilities and services, we relish those that give us the opportunity to truly impact the overall health of a patient and even be in position to save a life. We encourage all patients to diligently monitor their overall health and proactively visit their dentist – and ask them about oral cancer screening.

Alison Freeman, DMD, a 2005 graduate of Tufts University School of Dental Medicine, has offices in Cohasset, at 746 Chief Justice Cushing Highway, and Hanson, at 7 Gorwin Drive. For additional information or to make an appointment, call 781-383-6555 (Cohasset) or 781-293-2128 (Hanson), or visit FreemanDentalAssociates.com.

LIFESTYLE

Vacation activities for your kids

Get outside with The Trustees

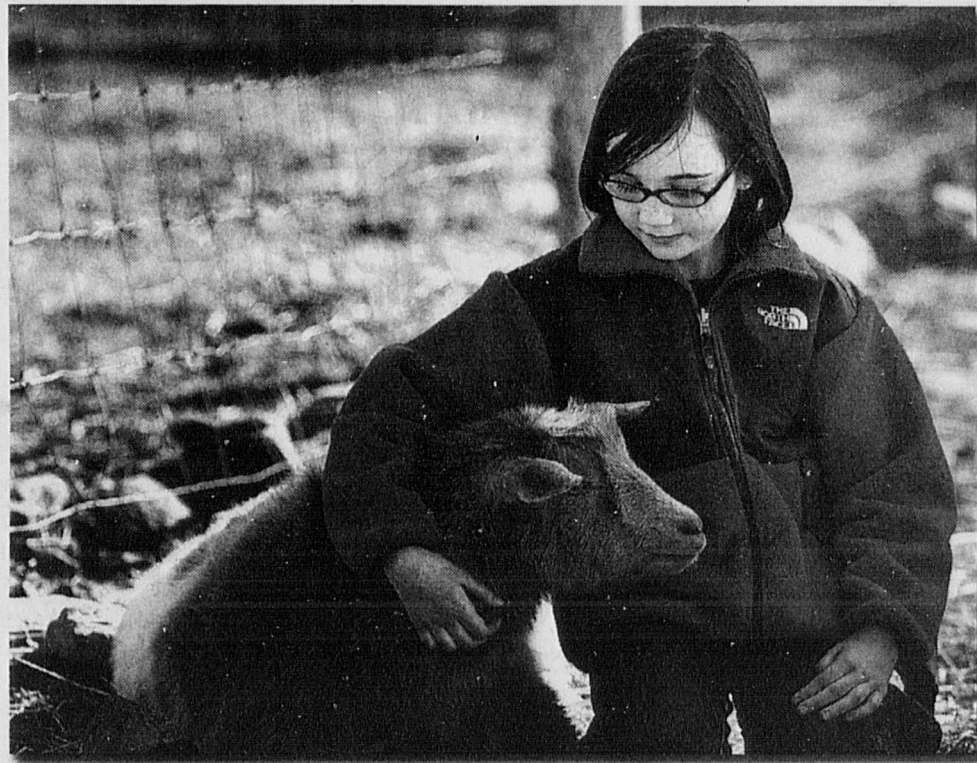
If you're planning to stay local for February vacation week, but need some ideas for keeping the kids occupied, fear not. The Trustees have you covered with tons of ideas across the state, from drop-off programs to family-friendly activities for all ages that stimulate (and tire out!) minds and bodies alike.

"It's important for families staying close to home to have fun, affordable, and educational options to choose from during school vacations, and we want more Massachusetts parents to know that they can rely on The Trustees to provide them!" says Kristen Swanberg, Director of Programming for The Trustees. "Filling the days can feel stressful to parents staying close to home, but with creative and fun-filled programs led by our passionate experts and guides, we hope to provide some inspiration."

Vacation Week at Weir River Farm in Hingham

Tuesday, Feb. 16, through Friday, Feb. 19, from 9 a.m. to 1 p.m.

Vacation equals exploration! Under a fresh dusting of snow, kids can explore Weir River Farm in a whole new light. With hikes, games and plenty of time with the animals, your child's vacation will be full of fun and adventure. Drop off and pick up are at 227 East St., in the classroom. Please pack a nut-free lunch and snack along with a water bottle. Call 781-740-7233 or email weirriverfarm@thetrustees.org for more information. Trustees member: \$45/day, Nonmember: \$65/day.



COURTESY PHOTO/T. KATES

Abominable Snowman Tracking at Norris in Norwell
Saturday, Feb. 13, from 11 a.m. to 1 p.m.

The Abominable Snowman has made his way to Rocky Woods and we need your help to find him! Follow his tracks and look for clues as we search for the Abominable Snowman. This activity is perfect for

children in grades K to 5. Call 508-636-4693, ext. 5010 or email norris@thetrustees.org for more information. Trustees member: \$10, Nonmember: \$15.

For more ideas on how to enjoy and explore Trustees properties and programs during February vacation week, visit www.thetrustees.org.

BEMIS DRUG CO.

6 BRIGHTON ST., ABINGTON, MA 02351
781-878-0893
www.bemisdrug.com

Free Prescription Delivery within our service area

Come try our personal service!

Welcoming New Patients
800-635-0489

www.eyeboston.com

OPHTHALMIC CONSULTANTS OF BOSTON
EXCELLENCE IN EYE CARE

PLYMOUTH • WAREHAM • SANDWICH
YARMOUTH • BOSTON

NEW YEAR'S RESOLUTIONS

✓ Improve Quality of Life - YES

✓ Improve Hearing & Understanding - YES

Call us today to schedule your **FREE Hearing Evaluation!**

Everyday Battery Special
\$2.99 Pack of Six Batteries
(in office) Zinc Air Sizes: 312A, 13A, 10A.
(Limit 4 packs per visit)
Expires 2/19/16

100% DIGITAL HEARING AID SPECIAL
\$300.00 OFF PER AID
Ask about Free Batteries for the life of your hearing aid
Expires 2/19/16

SUBURBAN HEARING AID SERVICES
The Future of Hearing Aid Technology is Here!

FINALLY, A PRESCRIPTION FOR BETTER HEARING

197 Rockland Street • Hanover
Next to CVS at Rts. 139 & 53
781-826-4711
1-800-357-7712
www.suburbanhearingaid.com

WIDEX DREAM
THREE TIMES THE SOUND
Gary R. Rachins, BC-HIS
Licensed & Board Certified
Hearing Instrument Specialist, Lic.#53

*It's 2 a.m.
and you don't
feel well.*

Call us.

Patients of South Shore Medical Center can call and talk to nursing staff who have access to vital information in our electronic medical record 24 hours per day, 365 days per year.

Welcoming new patients

South Shore Medical Center

Kingston, 5 Tarklin Road, 781-585-2200
Norwell, 143 Longwater Drive, 781-878-5200
ssmedcenter.com

DISHING IT OUT

Comfort food with a twist at A Fork in the Road

Pembroke restaurant and catering company offers new takes on favorites

We're Dishing it Out this week at A Fork in the Road, located at the Pembroke/Hanson town line. This deli and catering company offers a wide variety of sandwiches, and comfort food, all done in an interesting way, and at an affordable price. Make sure to head down on wacky Wednesday when prices are substantially cut, try the sandwiches, full dinners, or just grab a pastry. We sat down with owner Lori Cook and her daughter Kate Murphy who run the business together, and they were proud of the quality of the food, and how involved the business was with the community.

Name of staff and position:
Lori Cook, owner.

When did you open A Fork in the Road?

We started here on April Fool's Day 2005. We are rapidly approaching our 11th year.

Describe your business:

I'm a caterer, and I own the business and handle the managerial things. My daughter, Kate is the in house manager. We work seven days per week.

The restaurant is on the Pembroke/Hanson town line, do you get customers from both towns?

It's a good mix. We do a lot with Hanson Teachers, and from the department of public works. But we know a lot of people from both towns. At one point we were actually zoned in Hanson.

How did you come up with the long list of sandwiches?

When I bought the deli, some items were here. If it's not broken don't fix it. But we have probably added 25 or so to the menu. Kate's been here the whole time; she was 13 when I bought it. She brings a very creative vibe to the place.

Did you always intend on it being a family business?

Oh yeah, I bought it for her. I thought she'd get it one way or another. She always has new ideas.

How are you involved in the Pembroke community?

We do the fish fry every year; it's a huge process. We do a lot of events for the chamber of commerce as well. We donate our time and effort. People come in all the time and ask if we can help and we see if we can do it. We've been helping for a lot of years. We give back when we can.

How do you describe the food at A Fork in the Road?

Comfort food with a twist. My meatloaf is outrageous. We make American Chop Suey and Macaroni and cheese, and a meal is only \$5 on wacky Wednesday. We offer hefty portions, and we have family size meals. When I am catering, we do a lot of outside barbecuing. We do steak tips, ribs, and it's only \$25 per head.

About A Fork in the Road:

Located at 6 Union St. in Pembroke, A Fork in the Road is open daily. On Monday and Saturday, the deli is open from 10 a.m. until 4 p.m. From Tuesday through Friday the restaurant is open from 10 a.m. until 7 p.m. and on Sunday, doors are open from 11 a.m. until 4 p.m. Prices at the deli range from \$5.50 to \$7.15. Take out is available. For menus and more information call 781-293-4300 or visit the website www.fitcatering.com.

See food online!

Check out the video of A Fork in the Road owner Lori Cook making some of her famous meatloaf. Come in for the comfort food with a twist or grab one of a wide variety of deli sandwiches. You can watch the Dishing it Out video on the homepage of your Wicked Local website.



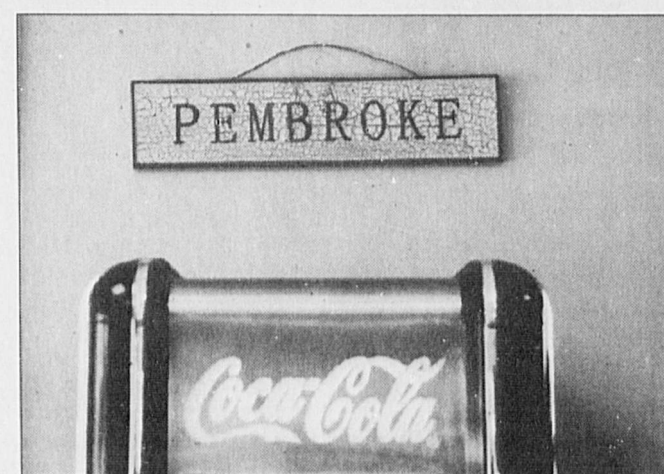
The deli has an extensive menu of specialty sandwiches as well as salads and classic sandwiches shown here.



A Fork In The Road is a family affair with Kate Murphy and her mother Lori Cook.



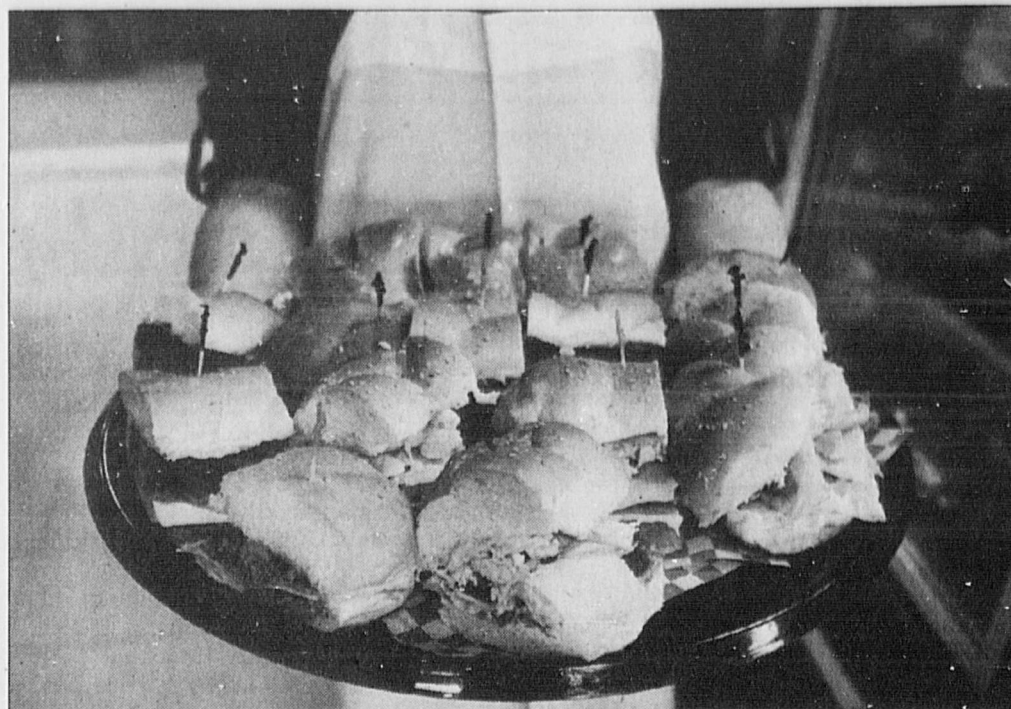
A Fork In The Road is a family affair with Lori Cook and her daughter Kate Murphy. The deli is a top choice for many in Pembroke for deli and catering. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



Owner, Lori Cook is a longtime resident of Pembroke and is very active in her community. She is a board member of several organizations including Pembroke's Chamber of Commerce. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



Frosted chocolate cupcakes. WICKED LOCAL STAFF PHOTO/ALYSSA STONE



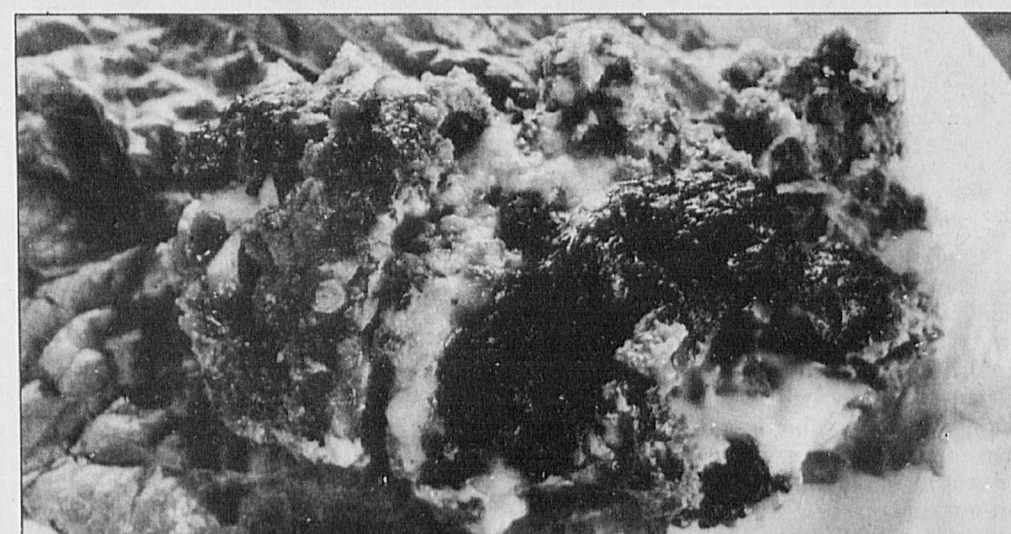
A selection of deli sandwiches for catering lunches.



Event planner Pat Merrit, Kate Murphy, Owner Lori Cook, and Haley Churchill, 17, from Whitman, are part of what makes A Fork in the Road stand out.



Kate Murphy likes to experiment and try new dishes such as this loaded Italian Stromboli.



Mama's meatloaf is a big seller at A Fork In the Road. Eat it in house for lunch or take it home for a delicious, savory dinner.



A Fork In the Road is a top choice for many in Pembroke for deli and catering. WICKED LOCAL STAFF PHOTO/ALYSSA STONE

**Keep your finger on the pulse of
Central and Eastern Massachusetts at WickedLocal.com.**

SAVE THE DATE

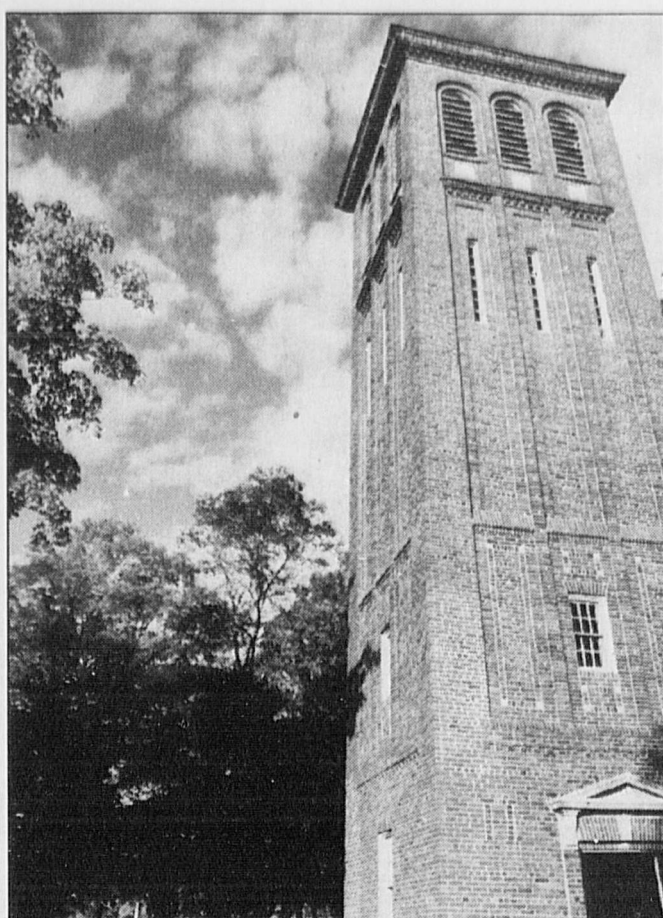
Memorial Bell Tower open house

The Hingham Memorial Bell Tower, 68R Main St. (next to Old Ship Church), will host an open house from 11:30 to 12:30 p.m. Feb. 7.

Visitors can learn about the practice of Change Bell Ringing.

The Bell Tower will offer an opportunity to learn the practice through a 10-week class in Change Bell Ringing during the spring, after which students may choose to join the Band of Bell Ringers.

Don't miss the chance to see the inside of the Hingham Memorial Bell Tower on Feb. 7. COURTESY PHOTO



REGISTRATION

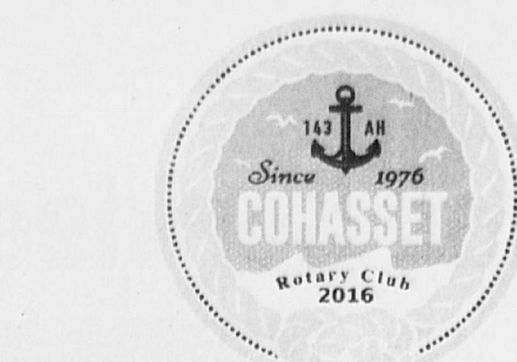
Road Race celebrates 40 years

On Sunday, April 3rd, a 40-year Cohasset tradition continues with the running of the Cohasset Road Race by the Sea 10K presented by Cohasset Rotary Club.

For some runners, it's the first race of the season and for others, it's their last warm up before the BAA Boston Marathon.

No matter what your reason, the views and the fact that all net proceeds go to charity is reason enough to lace up!

The 10K race begins at 1 p.m. The Fran Coffey Memorial Walk, which takes place on the same day, begins at 10 a.m. at Willcutt Commons parking lot. The majority of the Walk follows the road race route, however, it starts and ends at 91 Sohier Street.



ROAD RACE BY THE SEA

E-mail roadracebythesea@gmail.com if you're interested in sponsoring or volunteering.

The Rotary Club of Cohasset would like to thank our 2015 Banner Sponsors: RW Rosano, Graham Waste Services,

ColoSpace, Work Station, Pilgrim Bank, Cohasset Dental and The Harborview for their generosity and partnership.

Register at roadracebythesea.com "Like" us on Facebook.

PLEASE RECYCLE THIS NEWSPAPER

OBITUARIES

Obituaries appearing in this section are paid for and written by families, often through the services of a funeral director.

How to Submit an Obituary to the Weekly Newspapers

To contact our obituary department, please e-mail

obits@wickedlocal.com

or

call 781-433-6905

or

Fax 781-433-6965

Obituaries for the weekly newspapers are taken at the Randolph office Monday through Friday.

Please Call for Deadline Details

Timothy G. Lydon

WEYMOUTH – Timothy Gerard Valentine Lydon, born in Boston, Aug. 25, 1942, died on Jan. 22, 2016, at South Shore Hospital.

Tim was raised on Codman Hill Avenue in Dorchester and spent his summers in Hull Village at the family summer home. In recent years, he resided in Weymouth.

Educated at St. Gregory's, Boston College High School, Cardinal Newman, St. Mary's in Halifax, Nova Scotia, he was a graduate of Suffolk University.

He was a licensed real estate broker and paramedic. Tim was an Army Reserve officer during the Vietnam War.

His late parents were Patrick J. Lydon, Esquire, and Mary M. Foley Lydon. He resided 25 years with Edythe Owens Blackman prior to her passing. He is survived by his brother,



Timothy G. Lydon

Patrick J. Lydon Jr. and wife Janet of Abington, along with their four children, Kim, Patrick III, Jamie and Dr. Ryan

Lydon, MD. He also survived by his brother, Billy Lydon and his wife Debbie of Cohasset, along with their two children, Christian and Nicholas Lydon. Surviving close friends include Chester, Bruce and his wife Love and Mary Jane.

Burial services are private at the Blue Hill Cemetery. Donations in Tim's memory may be sent to the Arthritis Foundation of Boston.

Janet MacLure

AMELIA ISLAND, FL – Janet White MacLure, 86, of Amelia Island, FL, and former longtime resident of Cohasset, MA, was born January 12, 1930 and passed away peacefully on Sunday, January 24, 2016.

The daughter of William Allen White and Marion Stevens White, Janet was raised in Milton, MA.

She was predeceased by her husband, Laurens MacLure, and her brother, William Allen White.

A devoted wife and mother, she leaves four children, daughter Allison (MacLure) Cowen and her husband Richard W. Cowen of Duxbury, MA, daughter Amy (MacLure) Wilsterman and husband John D. Wilsterman of Amelia Island, FL, son Laurens MacLure and his wife Anne C. MacLure of Reisterstown, MD, and son Henry G. MacLure of Los Angeles, CA. She was the loving grandmother of eight grandchildren and one great grandson. Janet is also survived by her brother-in-law, Edwin C. Lincoln of Cohasset, MA and several nieces and nephews.

Janet graduated from Beaver



Janet MacLure

She was a lifetime active volunteer, golfer, avid reader, and enjoyed travel.

She spent many years skiing, sailing, attending theatre and symphony.

A Remembrance is planned at Osprey Village, Amelia Island, and a private family interment in Cohasset Central Cemetery.

Memorial contributions to honor Janet may be made to the Cohasset Library Trust, Inc., 35 Ripley Road, Cohasset, MA 02025 or to Northeast Community Hospice, 1348 S. 18th Street, Bldg B, Fernandina Beach, FL 32034.

Please share her life story and leave words of comfort at www.oxleyheard.com

Margaret Grady

HINGHAM – Margaret "Peggy" Kickham Grady of Hingham passed away at home peacefully on January 28, 2016.

She was the loving mother of George A. Grady of Minnesota; Paul L. Grady, Jr. and wife Trisha of Cohasset; Alexander K. Grady and wife Jeananne of Hingham; Margaret Parker and husband Scott of Framingham; and Nathalie Dailida and husband Matthew of Marlborough. Former wife of Paul Grady, Sr. of Hingham. Adored "Mimi" to Lily, Grady, and Georgia Parker; Arden, Alexandra and Lane Dailida; and Shannon Grady. Sister of Penelope Reilly and the late John; James Kickham and wife Erika; Michael Kickham and wife Nancy; the late Dr. Charles Kickham and wife Angela; the late Martha Sullivan and husband Daniel; the late Janice and Richard Walwood; and "Aunt Peggy" to beloved nieces and nephews.

Peggy grew up in Jamaica Plain and Scituate. A graduate of Newton Country Day School and Garland College, Peggy was an active member of the Ace of Clubs who enjoyed reading, boating, golfing and long days at the beach.

Visiting hours Monday, February 1, 2016, from 3-7 p.m. in Saint Anthony Church, 129 South Main St., Cohasset. A funeral Mass will be celebrated Tuesday, February 2, 2016, at 10 a.m. in St. Anthony Church, Cohasset.

Donations to honor Peggy may be made to the Scituate Animal Shelter, 780 Chief Justice Cushing Hwy., Scituate, MA 02066.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell FUNERAL HOME 781-383-0200 "Since 1820"

Leland F. Wilson

HULL – Leland "Lee" Fredrick Wilson, age 86, of Hull, passed away on January 30, 2016.

He was born to the late Alan and Elizabeth Wilson, March 29, 1929, in Newton. Lee initially grew up in Newton and later moved to Dover.

He graduated from Governor Dummer Academy in 1947 and subsequently enrolled at Harvard University where he studied Political Science.

During his enrollment at Harvard, Lee left to enlist in the Air Force for four years serving during the Korean War. He returned to Harvard and graduated in 1956.

Upon graduation, he went to work for the New England Telephone Company, where he spent the next 33 years of his career. At New England Telephone Company, Lee met the late Helen Hutchinson Wilson with whom he enjoyed over 50 years of marriage.

Lee lived on the South Shore for many years in Cohasset, Scituate and Hull.

He was an avid sportsman and his love for sports was passed on to his children and grandchildren.

He was a New England Patriots season ticket holder since the first game enduring the lean years and finally rewarded with multiple Super Bowls.

Lee enjoyed the camaraderie of his long term friends at their legendary cookouts whether it was tailgating at a Harvard or Patriots football game.

He had a passion for golf and was a longtime member of Cohasset Golf Club and cherished his friendships with fellow golf members and staff that were so kind to him.

Lee raised three children and is survived by Barbara Bearden of Hull, Lee and Ellen Wilson of Jupiter, Fla., and Elizabeth and Brett Blauner of Valparaiso, Indiana. He is also survived by thirteen grandchildren who he cared for deeply and with affection they called him Papa. Lee had three sisters, Mary, Natalie and Priscilla.

Lee will be missed for his humor which he kept to the very end.

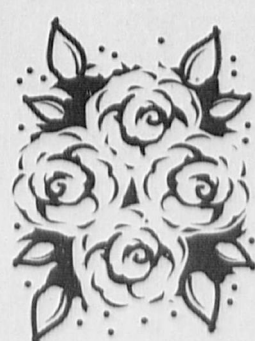
A special thanks to the staff at the Cardigan Nursing and Rehabilitation Center for taking such great care of Lee.

A funeral Mass will be celebrated Friday, February 5, 2016, at 10 a.m. in St. Anthony Church, 10 Summer St., Cohasset. Visiting hour Friday from 9-10 a.m., prior to the Mass, in McNamara-Sparrell Funeral Home, 160 So. Main St. (across from St. Anthony Church), Cohasset.

In lieu of flowers, donations to honor Lee may be made to Alzheimer's Assoc. Mass., 480 Pleasant St., Watertown, MA 02472.

For an online guest book and more, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell FUNERAL HOME 781-383-0200



Lucia R. Woods

COHASSET – Lucia Russell (Hedge) Woods, passed away peacefully Jan. 25, 2016, in the comfort of her home, at the age of 94.

She was the cherished wife of Edward F. Woods, DMD, of Cohasset; loving mother of William Hedge Woods of Redwood City, Calif., Anne Adams Norwood and her husband Kenneth of Charlottesville, Va., Susan Cornell Spofford and her husband Robert of Cohasset and Jonathan Tufts Woods and his wife Alice of Wilton, Conn.; devoted grandmother of Ryan, Matthew, Virginia, Jennifer, Meredith, Robin, Edward and Andrew. Her sister, Alice Hedge Brewer, lives in Hingham.

Lucia attended high school at the Winsor School, then received her BA in English from Bryn Mawr, and a master's degree from Stanford.

She taught 1st grade until she was married in 1953. After 62 years of marriage in their home on Jerusalem Road, Lucia's favorite quip was "Same house, same spouse!" While raising four children, Lucia used her many skills to support community organizations. Under her direction, the American Red Cross tripled their local blood donations by implementing an "insurance policy" approach so that participating groups would receive blood transfusions if needed. Active in the First Parish Church of Cohasset, Lucia served as Chairman of the Christmas Fair for 2 years as well as various search committees and stewardship projects.

When the steeple was damaged, she wrote to the citizenry of Cohasset, receiving a wide response that funded the repair with restored bells and functioning town clock, with added handicapped access.

She initiated the now annual tradition of the Cohasset Arts Festival Lobster Roll Sale, successfully raising substantial funds for the parish.

An active trustee in the Cohasset Paul Pratt Memorial Library for 15 years, Lucia helped coordinate book drives, programs, and the relocation and expansion of new library.

While serving as president of the Cohasset Garden Club, she coordinated with the Garden Club of America to develop a horticultural student exchange program with Great Britain.

She was recognized in 2014 for 50 years of service to the CGC, and was honored more recently by the dedication of the Lucia R. Woods Bowl awarded annually within the club.

Lucia was a member of The Chilton Club in Boston.

Proud of her Pilgrim heritage, Lucia was instrumental in fundraising efforts for the Plymouth Antiquarian Society Hedge House Museum, particularly significant to her as it was her father's home.

A two-time breast cancer survivor, Lucia served for four years in the "Reach to Recovery" program at Boston hospitals.

An original member of the Cohasset Tennis Club, Lucia was also an avid skier well into her 80s.

She kept her mind sharp playing high level bridge with friends into her 90s. While always grateful to be able to serve her community, Lucia's greatest satisfaction came from her marriage, her children, and her grandchildren. She was much loved, and will be greatly missed.

A memorial service will be held Saturday, February 6, at 11 at the First Parish Church, 23 N. Main St., Cohasset.

In lieu of flowers, please consider a donation to the Plymouth Antiquarian Society, P.O. Box 3773, Plymouth, MA 02361, plymouthantiquariansociety.org or to Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061, www.nvna.org.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell Cohasset-Norwell 781-383-0200 "Since 1820"

ColoSpace, Work Station, Pilgrim Bank, Cohasset Dental and The Harborview for their generosity and partnership.

Register at roadracebythesea.com "Like" us on Facebook.

She was recognized in 2014 for 50 years of service to the CGC, and was honored more recently by the dedication of the Lucia R. Woods Bowl awarded annually within the club.

Lucia was a member of The Chilton Club in Boston.

Proud of her Pilgrim heritage, Lucia was instrumental in fundraising efforts for the Plymouth Antiquarian Society Hedge House Museum, particularly significant to her as it was her father's home.

A two-time breast cancer survivor, Lucia served for four years in the "Reach to Recovery" program at Boston hospitals.

An original member of the Cohasset Tennis Club, Lucia was also an avid skier well into her 80s.

She kept her mind sharp playing high level bridge with friends into her 90s. While always grateful to be able to serve her community, Lucia's greatest satisfaction came from her marriage, her children, and her grandchildren. She was much loved, and will be greatly missed.

A memorial service will be held Saturday, February 6, at 11 at the First Parish Church, 23 N. Main St., Cohasset.

In lieu of flowers, please consider a donation to the Plymouth Antiquarian Society, P.O. Box 3773, Plymouth, MA 02361, plymouthantiquariansociety.org or to Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061, www.nvna.org.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell Cohasset-Norwell 781-383-0200 "Since 1820"

ColoSpace, Work Station, Pilgrim Bank, Cohasset Dental and The Harborview for their generosity and partnership.

Register at roadracebythesea.com "Like" us on Facebook.

She was recognized in 2014 for 50 years of service to the CGC, and was honored more recently by the dedication of the Lucia R. Woods Bowl awarded annually within the club.

Lucia was a member of The Chilton Club in Boston.

Proud of her Pilgrim heritage, Lucia was instrumental in fundraising efforts for the Plymouth Antiquarian Society Hedge House Museum, particularly significant to her as it was her father's home.

A two-time breast cancer survivor, Lucia served for four years in the "Reach to Recovery" program at Boston hospitals.

An original member of the Cohasset Tennis Club, Lucia was also an avid skier well into her 80s.

She kept her mind sharp playing high level bridge with friends into her 90s. While always grateful to be able to serve her community, Lucia's greatest satisfaction came from her marriage, her children, and her grandchildren. She was much loved, and will be greatly missed.

A memorial service will be held Saturday, February 6, at 11 at the First Parish Church, 23 N. Main St., Cohasset.

In lieu of flowers, please consider a donation to the Plymouth Antiquarian Society, P.O. Box 3773, Plymouth, MA 02361, plymouthantiquariansociety.org or to Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061, www.nvna.org.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell Cohasset-Norwell 781-383-0200 "Since 1820"

ColoSpace, Work Station, Pilgrim Bank, Cohasset Dental and The Harborview for their generosity and partnership.

Register at roadracebythesea.com "Like" us on Facebook.

She was recognized in 2014 for 50 years of service to the CGC, and was honored more recently by the dedication of the Lucia R. Woods Bowl awarded annually within the club.

Lucia was a member of The Chilton Club in Boston.

Proud of her Pilgrim heritage, Lucia was instrumental in fundraising efforts for the Plymouth Antiquarian Society Hedge House Museum, particularly significant to her as it was her father's home.

A two-time breast cancer survivor, Lucia served for four years in the "Reach to Recovery" program at Boston hospitals.

An original member of the Cohasset Tennis Club, Lucia was also an avid skier well into her 80s.

She kept her mind sharp playing high level bridge with friends into her 90s. While always grateful to be able to serve her community, Lucia's greatest satisfaction came from her marriage, her children, and her grandchildren. She was much loved, and will be greatly missed.

A memorial service will be held Saturday, February 6, at 11 at the First Parish Church, 23 N. Main St., Cohasset.

In lieu of flowers, please consider a donation to the Plymouth Antiquarian Society, P.O. Box 3773, Plymouth, MA 02361, plymouthantiquariansociety.org or to Norwell VNA and Hospice, 120 Longwater Dr., Norwell, MA 02061, www.nvna.org.

For an online guest book, please visit www.mcnamara-sparrell.com.

McNamara-Sparrell Cohasset-Norwell 781-383-0200 "Since 1820"

Don't Trade in your Chance to Give.

Donate your unwanted vehicle to Special Olympics Massachusetts. 1-800-590-1600 | www.RecycleforGold.org

YES! You may be able to receive a tax deduction. *Restrictions may apply. Special Olympics Massachusetts

WE'VE GOT YOUR BACK

JOIN OUR ONLINE COMMUNITY AT IAVA.ORG

IAVA TRANSITION ASSISTANCE CENTER



College Summer Programs FOR HIGH SCHOOL STUDENTS

ADVERTORIAL

Young Berklee musicians find their tribe

Long synonymous with the Grammys and as a global leader in contemporary music education, one of Berklee College of Music's lesser-known opportunities for music studies is its Summer Programs.

Covering a broad range of disciplines across 21 programs, about 3,000 students arrive on campus annually to attend one of the many offerings which run from just a weekend in length to Berklee's Five-Week Summer Performance Program (July 9-Aug. 12).

The Five-Week Summer Performance Program, from which all other programs were developed, was designed to offer the essence of a full undergraduate Berklee College semester to students ages 15-18, and accounts for some 30 percent of the incoming undergraduate class annually.

"The idea is to immerse the student in the Berklee community and culture with its collaborative entrepreneurial spirit, with a view to improving their skills in all areas," says Director of Summer Programs Oisín McAuley. "The level of musicianship of students who attend the Summer Programs at Berklee is stagger-



Covering a broad range of disciplines across 21 programs, about 3,000 students arrive on Berklee College of Music's campus annually to attend one of the many offerings which run from just a weekend in length to Berklee's Five-Week Summer Performance Program (July 9-Aug. 12).

COURTESY PHOTO

ing, but the thing that makes us most proud is the palpable improvement of students who come not knowing how their musical lives are about

to change and leave with a new confidence that they can bring to all areas of their lives."

Students who attend the

programs can expect a comprehensive pre-college program which comprises private lessons with Berklee instrumental faculty, ear train-

ing and harmony classes as well as a host of elective choices such as music production, songwriting and musical theater, to name but

a few.

"Many of our students at the Five-Week program are interested in experiencing just a slice of Berklee with

Registration Now Open

Wellesley College
2016 Co-Ed Summer Term & Pre-College Program
 First Session – May 31 - June 24
 Second Session – June 27 - July 22

Start Planning now at Wellesley.edu/summer
781-283-2200

WELLESLEY
W

NWCH13380941

Berklee

Berklee Summer Programs:
A World of Music

For more information and to register, visit
berklee.edu/summer

BROWN

BROWN UNIVERSITY
Summer Sports Camps

An exceptional camp experience for boys and girls of all ages and skill levels, led by Brown University's varsity coaches, their staff and current Brown athletes.

Baseball • Basketball • Diving • Fencing
Field Hockey • Football • Ice Hockey
Lacrosse • Rowing • Soccer • Squash
Strength & Conditioning • Swimming
Tennis • Volleyball • Water Polo • Wrestling

OVERNIGHT & DAY CAMP OPTIONS

Sponsored by the Brown University Department of Athletics
 and Brown University Pre-College Programs.
 Brown University Sports Camps are open to any and all entrants.

WWW.BROWN.EDU/SPORTSCAMPS

**EXPERIENCE
COLLEGE
THIS SUMMER**

BROWN
 Pre-College Programs

ON CAMPUS. ONLINE. ABROAD.

- Challenge yourself with Ivy League academics
- Prepare to succeed in a college environment
- Meet exceptional students from around the world
- More than 300 Academic Courses
- Sessions 1 to 7 Weeks in Length
- College Credit Options
- STEM for Middle & High School Students

www.brown.edu/summer



College Summer Programs FOR HIGH SCHOOL STUDENTS



Students who attend the programs can expect a comprehensive pre-college program which comprises private lessons with Berklee instrumental faculty, ear training and harmony classes as well as a host of elective choices such as music production, songwriting and musical theater, to name but a few. COURTESY PHOTO

FROM PREVIOUS PAGE

folks who share their deep passion for music before they go on to study something else at third level," says McAuley. "That was at the heart of our thinking when we introduced college credit to the Five-Week Program in 2014. Students can bring tangible benefits from their experience to their résumé that will benefit them in the future; of course if they choose to study music in their future it also gives them a big advantage."

Another stated goal of the program is to offer as many performance opportunities to students as possible, and with more than 600 different ensemble and showcase options no student leaves without formative stage experience.

"Berklee has always approached education using a practical and experiential concept providing students an opportunity to put into practice what they learn in the classroom," says Vice President for Special Programs Rob Rose. "Students

come to Berklee from over 70 countries and all 50 states to take part in an enormous contemporary music melting pot. Our faculty and program structure make the tools available to succeed, but it is really the fruits of the collaborations that occur every summer that yield the most exciting sounds and results at the end of every program."

One example of how Berklee adapts established genres and musical paradigms to provide a contemporary avenue for young musicians is the weeklong Global String Intensive that runs from June 27 to July 1. Juliard alumnus Chair of Strings David Wallace designed a program which focuses on a contemporary setting for traditional orchestral instruments. "Students get a window into what it would be like to study at the world's premier institution for the study of eclectic strings," says Wallace.

Understanding that the employment opportunities for young musicians today

often lie outside the traditional professions of Solo and Symphonic classical traditions is at the core of the Berklee philosophy of preparing students for whatever opportunities lie in the future. "Many of our alumni now work with the leading contemporary acts of today, from Stevie Wonder to Taylor Swift and our summer offerings are designed to open that door to students who know their path," says McAuley.

The summer at Berklee appears to be an extraordinary gateway for young musicians aspiring to follow in footsteps of their contemporary music heroes. As Berklee President Roger Brown puts it, "When young people come to Berklee for the summer, it totally changes the culture and environment of the place...kids are hanging in every available space, jamming and writing songs; we like to say they that have found their tribe."

For more information, visit www.berklee.edu.

EDUCATION

Five things every family should consider for college-bound students

StatePoint

Transitioning to college life can be difficult on both students and families. From new expenses to a new lifestyle, being prepared for what lies ahead can help you avoid common bumps in the road.

Here are five things families with college-bound students should consider:

- **Getting involved:** Being away from home and making new friends can seem daunting. Encourage your student to get involved in school activities and events. From joining the campus paper to running for student government, there are a range of extracurricular opportunities that can lead to new friendships, help students maintain an active calendar and round out one's classroom education.

- **Health and wellness:** Late nights spent studying instead of sleeping, as well as crowded dorm rooms, can be a prescription for colds and flu. Check out on-campus and local health care options before your student gets sick. No one wants to scramble to research medical options when he or she isn't feeling well. Many campuses offer student insurance. See what makes the most sense for your family. Locate a nearby pharmacist before visiting the doctor so you can provide that information at your appointment.

- **Financing College:** College may be one of your family's biggest investments to date. Whether that describes your family or not, there's no doubt about it, higher education comes with a big price tag. It's never too late in the process to seek out new financing options, even if your child is already away out school.

From filling out the Free Application for Federal Student Aid, to exploring private loans, free online resources can help guide you through the process. Check out re-



Regular check-ins with your student can help parents know that everything is going well. CONTRIBUTED PHOTO/STATEPOINT

sources designed for college-bound students and their families, such as Wells Fargo's "5 Steps to Financial Aid" video series, which offers helpful advice on finding a scholarship, applying for loans, and more from "Mr. Fellows, your wiser college advisor," at www.WellsFargo.com/fivesteps.

- **Staying in touch:** You're busy. Your kid is busy. But regular check-ins with your student can help you know that everything is going well. Set up a weekly appointment to chat by phone and get the scoop - just make sure your student's phone plan allows for sufficient texting and calling.

- **Money management:** For many students, college is the first time they will gain some financial independence. Set your kids up for success by teaching them how to establish a workable budget. A checking and savings account designed for college students can help them stay on track. You can review money-management tools for college students at www.WellsFargo.com.

Don't let the transition to college catch your family off guard. Parents can make the transition easier for students by striking the right balance of "letting go" and staying involved.

DISCOVER WALL STREET 101

Session I: July 11-15, 2016 or
Session II: July 25-29, 2016



Explore the World of Global Finance
Wall Street 101 Summer Day Camp
July 11-15 or July 25-29, 2016
Waltham, MA

www.Bentley.edu/wallstreet101

Register today to discover the world of investing
Registration limited to rising high school juniors and seniors

Program is sold out every year. Apply early, registration closes on April 15th



Start college in high school.

APPLY FOR DUAL ENROLLMENT

- Challenging courses
- College credits
- On campus and online

Your success starts here

Contact Whitney Phillips at 508-588-9100, ext. 1422 or wphillip1@massasoit.mass.edu to learn more.

MASSASOIT
COMMUNITY COLLEGE

Brockton
Canton
Middleborough



HARVARD SUMMER SCHOOL Programs for High School Students

Every summer, more than 2,000 motivated high school students from around the world are selected to attend Harvard Summer School and experience college life.

Pre-College Program

2-weeks
Session I June 26 to July 8, 2016
Session II July 10 to July 22, 2016
Session III July 24 to August 5, 2016

Secondary School Program

7-weeks
June 18 to August 6, 2016

APPLY NOW.

summer.harvard.edu/high-school-programs



STONEHILL COLLEGE

SUMMER@STONEHILL Pre-College Program

High school students:
Earn 3 college credits
this summer!

Sunday, July 10-Saturday, July 30, 2016

Experience the challenge of a 3-credit, college-level course in communication, fine arts, journalism, political science, or psychology.

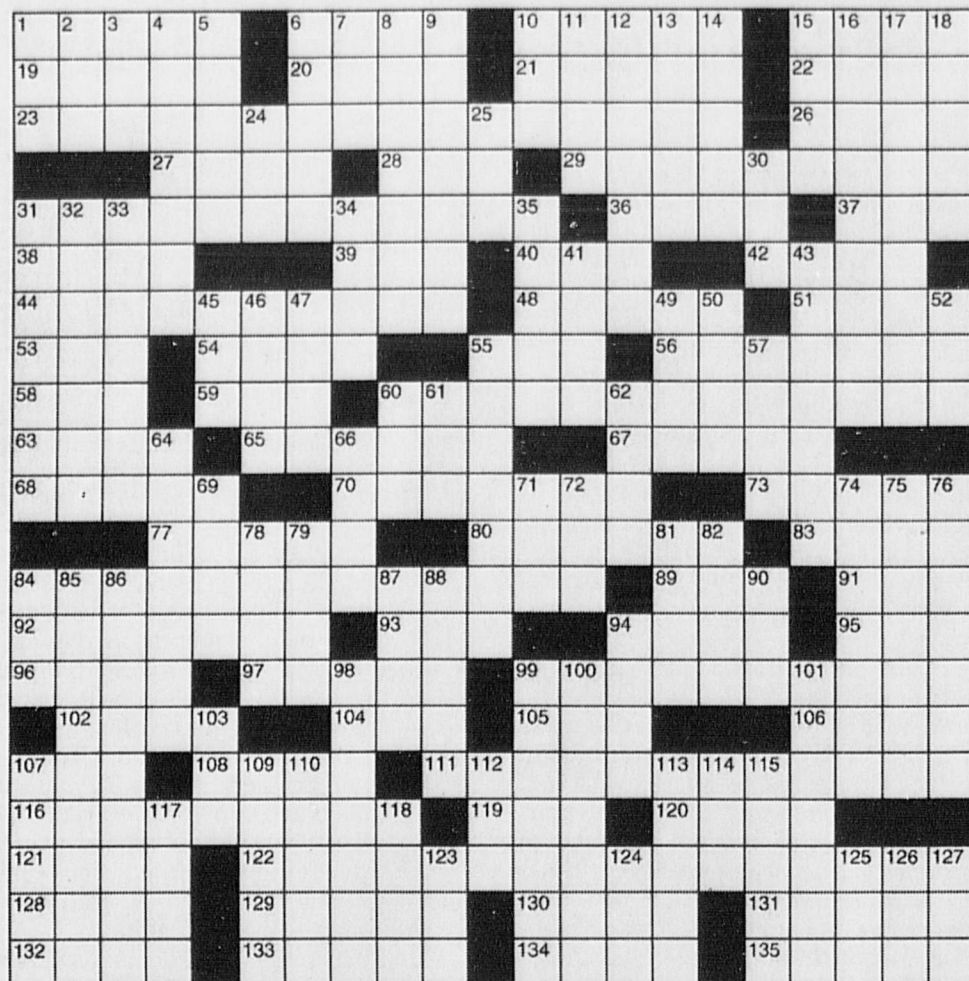


APPLY NOW

Visit www.stonehill.edu/precollege to learn more and apply

PUZZLES

Crossword • SHADY QUESTION



ACROSS

1 High-school balls
6 Give backup
10 See 90-Down
15 Rip — (thefts)
19 Andrea — (lost ship)
20 Disappearing Asian sea
21 Living space
22 Poet
23 Award for the top spot
26 Big West
27 Caulk, e.g.
28 Clumsy type
29 Thing laid by a redbreast
31 Facilitator of stargazing
36 Game akin to bingo
37 Ltr. writers' afterthoughts
38 Little chaps
39 Suffix with Canaan
40 Run up a tab
42 "Shool"
44 Atlantic or Pacific fill
48 Utah range
51 Street brawl
53 Fast, two-door autos
54 Fibula, e.g.
55 Thai pan

DOWN

56 Writer
58 Oxygen, e.g.
59 Portable bed
60 Muppet with a major sweet tooth
63 And others, in a list
65 Make less dangerous, as a bull
67 Cranked hoisting device
68 Zellweger or Adorée
70 Apt question concerning 10 answers in this puzzle
73 Patronage
77 Knack
80 Lung compartment
83 Freeway rig
84 Proofer's marking tool
89 Brutus' lang.
91 Capitol VIP
92 Opera great Pavarotti
93 Seoul soldier
94 In the style of, on Italian menus
95 Pericles' T
96 Mine outputs
97 Dully sedate
99 Lees, e.g.
102 — Spumante

104 Game with Skip cards
105 — for Outlaw" (Sue Grafton book)
106 Old sitcom boy Taylor
107 Frequently, in sonnets
108 Kaput
111 Flowers symbolizing constancy
116 Habitually sullen sort
119 Fire waste
120 Afflicts
121 "Rats!"
122 New York and Hawaii, election-wise
128 Model who hosted Fox's "More to Love"
129 Rips to bits
130 Shoestring
131 Folklore fiends
132 T-man Eliot
133 Very, to Chopin
134 Unclean stuff
135 Bête — (bugbear)

3 NH'er Bobby
4 Beauty pageant since 1952
5 Filled fully
6 Berry of film
7 Timeline part
8 Crocodile- logo shirt brand
9 Gratifying one
10 Month after avril
11 Shortened form of a wd.
12 Neighbor of Jersey City
13 Producer of Acrobat
14 Bolshevism founder
15 Dominates
16 Mug-decorating stuff?
17 Flat paving slab
18 Does' mates
24 Good bud
25 D.C.'s — Stadium
30 Antis' votes
31 Obstructing object
32 Produce mother's milk
33 Many a Ukrainian
34 Location

35 Terse question after an accident
41 User-revised Web site
43 Pileups, e.g.
45 Network for Jimmy Fallon
46 Balsa, say
47 Initial stake
49 Novelist
50 Presley's middle name
52 Paving stuff
55 Recouped
57 Old Andean
60 Dot —
61 "... goes, — go!"
62 Rams' mates
64 Liberal-leaning
66 Lyre relative
69 Kazan of filmmaking
71 52, to Flavius
72 Hot-linked address
74 Ruthless organization
75 "No joke!"
76 Commonly congested cavities
78 Sothern and Romney
79 "— Rhythm"
81 "For — care ..."
82 Tranquil

84 "Xanadu" rock gp.
85 Brand of packaged fire logs
86 Events with freezing rain
87 Isle of poetry
88 — approval ("yes" signal)
90 With 10-Across, Agra attraction
94 "As I Lay Dying" husband
98 They follow summers
99 Back fins
100 Four hours before noon
101 In the very distant past
103 Clog
107 Poet Nash
109 Serpent slain by Hercules
110 Arch types
112 Boat mover
113 "Be silent," in music
114 Prefix with fit
115 Rocker John
117 Wallet wad
118 Sprite, e.g.
123 "—: Miami"
124 Hosp. area
125 Part of TNT
126 Rocket tail?
127 Compass dir.

©2016 King Features Syndicate, Inc. All rights reserved.

Sudoku



Level: Moderate

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Magic Maze • REMOVE LETTERS TO FIND A STATE

H N H L J H E C A Y W V T F N
E R I P N L H C A E R T U O K
I N R M T H G C N E C E I R E
B Z O X A T S H T W R S U E V
M S H G R R A A P A E O M G A
A L I J E B I W W H H I G R W
T E T D O R B N O T A T Y O O
I X O T W U O C E L U T U U R
N S U Q P R O F N S I O L N C
E A E N I Z A G A M K K J D I
E N I G A M I E H C A T S U M

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

Autobahn
Cohesion
Foregone
Foreground

Imagine
Ironware
Kilowatt
Magazine

Marines
Matinee
Microwave
Mustache

Nuthatch
Outreach
Outwash

©2016 King Features Syndicate, Inc. All rights reserved.

HOROSCOPE

Salome's Stars

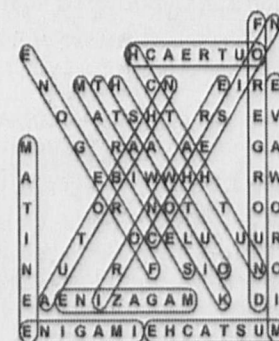
ARIES (March 21 to April 19) A gracious Lamb can learn more about a problem-filled situation than one who is openly suspicious of what could be happening. A friend might offer some well-directed advice.
TAURUS (April 20 to May 20) Getting adjusted to an unexpected change might be difficult for the Bovine who prefers things to go according to plan. But help could come from a most welcome source.
GEMINI (May 21 to June 20) This could be a good time to get a head start on those career-related plans. The sooner you check out the pluses and minuses, the sooner you can act on your information.
CANCER (June 21 to July 22) A personal situation you thought would no longer present a problem suddenly could produce some surprises. Try to sort things out with the help of trusted colleagues.
LEO (July 23 to August 22) An upcoming move holds both anticipa-

tion and anxiety for Leos and Leonas who have some big decisions to make. Advice is plentiful, but it's up to you to decide which way you want to go.
VIRGO (August 23 to September 22) Someone from a previous project could provide valuable guidance on how to handle a current problem, especially where it might involve a legal matter.
LIBRA (September 23 to October 22) A business situation presents some unexpected complications. But rather than try to handle them all at once, it would be best to deal with them one at a time.
SCORPIO (October 23 to November 21) You just might get what you want, despite the odds against it. In any event, be sure to thank all those people involved who believed in you and went to bat for you.
SAGITTARIUS (November 22 to December 21) Before you even hint at an accusation, remember

that you'll have to prove what you say. So be sure you have what you need to back up your comments.
CAPRICORN (December 22 to January 19) A romantic situation takes an unexpected turn that favors some Sea Goats, but causes others to reassess how they've been handling the relationship.
AQUARIUS (January 20 to February 18) A surprise turn of events could unsettle the Water Bearer. But it also might help open up an entirely different way of working out an important matter.
PISCES (February 19 to March 20) A smoothly running operation could bump up against an obstacle. This is where your ability to assess situations and make adjustments can restore things to normal.
BORN THIS WEEK: Your kindness is legendary, and so is your strong sense of responsibility.

(c) 2016 King Features Synd., Inc.

SOLUTIONS



9	5	3	2	6	7	1	8	4
1	7	2	8	5	4	9	3	6
6	8	4	9	3	1	5	2	7
5	1	6	4	7	8	3	9	2
4	3	9	1	2	6	8	7	5
7	2	8	3	9	5	4	6	1
8	6	7	5	4	3	2	1	9
2	4	1	7	8	9	6	5	3
3	9	5	6	1	2	7	4	8

CALENDAR

Honeysuckle performing at Blue Moon Coffeehouse

WHEN: 7:30 p.m., Friday, Feb. 5

WHAT: Honeysuckle plays at Blue Moon Coffeehouse

INFO: Honeysuckle, a progressive folk trio will perform at the Blue Moon Coffeehouse, 45 Webster St., Rockland. Between sets by the band there will be an open mike. Tickets are \$10 at the door. Children 12 and under are free.

For information: www.thebluemooncoffeehouse.com or check out the Facebook page. Listen to the band at www.honeysuckleband.com.



'For the Love of Art'

WHEN: 3-6 p.m., Saturday, Feb. 6

WHAT: Valentine's event at Gallery Nantasket

INFO: Gallery Nantasket will present "For the Love of Art" at 121 Nantasket Ave., Hull. Enjoy wine, chocolate, and other goodies. Make your own Valentine's Day card or felted heart. Enter the raffle to win one of more than 10 handmade gifts and fine art.

For information: www.hullartists.com/gallery.html.



Gregg Pauley concert at the James Library

WHEN: 3 p.m., Sunday, Feb. 7

WHAT: Piano concert by Gregg Pauley at James Library

INFO: Gregg Pauley will continue his Beethoven Piano Sonata series at James Library & Center for the Arts, 24 West St., Norwell. Tickets are \$25/\$22 senior/\$10 student.

For information: 781-659-7100, www.JamesLibrary.org.



Friday, Feb. 5

ART EXHIBIT OPENING

RECEPTION: 6-8 p.m., free, at James Library & Center for the Arts, 24 West St., Norwell. Art by Scituate resident Robert Beaulieu. His primary medium is oil and alla prima plein air studies, but always welcomes commissions and other assignments. Information: (781) 659-7100; www.JamesLibrary.org or www.beaulieudesign.com/art.

THE SCITUATE ARTS ASSOCIATION HOSTS THE SCITUATE HIGH SCHOOL ART EXHIBIT

ART EXHIBIT: First Friday reception 6 to 8:30 p.m., The Front Street Art Gallery, 124 Front St., Scituate. The exhibit is hosted by the Scituate Arts Association from Feb. 4-28. There will be a reception for the students, families and friends from 2 to 5 p.m. Feb. 7. Gallery winter hours are from 11 a.m. to 5 p.m. Thursday through Saturday and from noon to 5 p.m. Sunday, or call for an appointment. Information: 781-545-6150; scituateart.com.

ARTISANS IN THE SQUARE:

5-8 p.m., 63 South St., Hingham. The theme this month is hearts and flowers. Many of the artisans have created various treasures such as mosaic hearts on beach rocks, sea glass framed hearts, heart shaped necklaces and earrings, flower paintings and photos, fabric flowers and much more. Stop in for refreshments and fun. Information: 781-749-2590; www.artisansinthesquare.com.

"WINTER STUDIO"

EXHIBITION OPENING **RECEPTION:** 6-9 p.m., South Street Gallery, 149 South St., Hingham. The February exhibit at South Street Gallery will feature paintings of 10 artists through invitation. The show's focus will be large format still-life paintings. The exhibition will be on display throughout February. Information: 781-749-0430; www.southstreetgallery.com.

'AVENUE Q' MUSICAL:

8 p.m. Feb. 5 and 6. The Company Theatre, 30 Accord Park Drive, Norwell. Presented by the Company Theatre. Complete schedule of shows online. Cost: \$37 to \$39. Information: 781-871-2787; companytheatre.com.

Riverside Vinny and the Revolution:

8 p.m., Next Page Cafe, 550 Broad St., Weymouth. Information: 781-340-1300, thenextpagecafe.com.

HONEYSUCKLE, A PROGRESSIVE FOLK TRIO PERFORMS:

7:30 p.m. at The Blue Moon Coffeehouse, 45 Webster St., Rockland. Between sets by the band there will be an open mike. Tickets are \$10 at the

door. Children 12 and under are free. For more information, visit www.thebluemooncoffeehouse.com or check out the Facebook page. You can listen to the band at their website: www.honeysuckleband.com.

Saturday, Feb. 6

SEA & SKY ART SHOW: through Feb. 27, Hull Lifesaving Museum, 1117 Nantasket Ave., Hull. More than 60 works of art created by dozens of artists from the South Shore and beyond on display. Free. For information: 781-925-5433, www.lifesavingmuseum.org.

"FOR THE LOVE OF ART":

3-6 p.m., Gallery Nantasket, 121 Nantasket Ave., Hull. Enjoy wine, chocolate, and other goodies. Make your own Valentine's Day card or felted heart. Enter the raffle to win one of more than 10 handmade gifts and fine art. For information: www.hullartists.com/gallery.html.

FIRESIDE STORIES AND WINTER STARGAZING:

6-7:30 p.m., North River Wildlife Sanctuary, 2000 Main St., Marshfield. Take the family for an evening under the stars and discover the winter sky. Light refreshments provided. For families with children ages 4 and up. \$10/\$8 member adult, \$8/\$6 member child. Preregistration required. For information: 781-837-9400, www.massaudubon.org/southshore.

"BRIEFS III":

7:30 p.m., Cohasset Dramatic Club will present "Briefs III" at Cohasset Town Hall Theatre, 41 Highland Ave., Cohasset. The third annual festival of 10-minute plays features seven original works ranging from the comedic to the dramatic. Directors and actors from throughout the metropolitan Boston area are featured, as well as works from award-winning playwrights from across the U.S. Tickets are \$20, which includes cabaret-style seating, complimentary snacks, dessert and beverages. For information: 617-922-0280, www.brownpapertickets.com/event/1149495, www.cohassetdramaticclub.org.

NORWELL SINGER-SONGWRITER LES SAMPOU:

8 p.m., Music at Sanctuary Hall series at East Weymouth Congregational Church, 1320 Commercial St., East Weymouth. Sampo will play from her new CD, "Les Sampo Live at Church." Doors will open at 7 p.m. for coffee and dessert; music will start at 8. Admission is \$15 at the door or \$12 in advance online. For information: 781-974-3503, www.brownpapertickets.com.

THE NEW BAND:

8 p.m.,

Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Sunday, Feb. 7

STUDENT ART EXHIBIT **RECEPTION:** 2-5 p.m., Front Street Art Gallery, 124 Front St., Scituate Harbor. Scituate High School art exhibit is on view from Feb. 4-28, hosted by the Scituate Arts Association at Front Street Art Gallery. Gallery winter hours are from 11 a.m. to 5 p.m. Thursday through Saturday and from noon to 5 p.m. Sunday, or call for an appointment. For information: 781-545-6150, www.frontstart-gallery.com.

ABIGAIL ADAMS HISTORICAL SOCIETY AND HINGHAM PUBLIC LIBRARY WILL PRESENT "CREATIVITY IN BONDAGE":

3-5 p.m., Hingham Public Library, 66 Leavitt St., Hingham. Writer Paula Bagger will discuss her research into the life and work of slave artist Prince Demah. Aaron Dougherty, executive director of Marshfield's 1699 Winslow House and Cultural Center, will discuss slave artist Briton Hammon. Time will be allowed for audience questions. Admission is free; reservations are not necessary. For information: www.hinghamlibrary.org.

PIANO CONCERT:

3 p.m., Gregg Pauley returns to continue his Beethoven Piano Sonata series with Season III, The Late Period, featuring Sonata in G Major (Op. 79), Sonata in A Major (Op. 101), and Sonata in B-flat Major (Op. 106). James Library & Center for the Arts, 24 West St., Norwell. Pauley will perform the sonatas and discuss them with the audience. \$25/\$22 senior/\$10 student. For information: 781-659-7100, www.JamesLibrary.org.

"LOVE SONGS" CONCERT:

4 p.m., performed by South Shore Conservatory voice faculty members, at SSC's Ellison Center for the Arts, 64 Saint George St. in Duxbury. Following the performance, the audience is invited to stay, enjoy a special free Valentine's Day reception, and visit with the musicians to learn more about them. For information: sscmusic.org.

Tuesday, Feb. 9

PROGRAM ON "FUTURE OF STEM EDUCATION": 7 p.m., presented by the South Shore branch of American Association of University Women, at the Weymouth High School Library. Learn about what AAUW is doing to encourage women and girls to pursue STEM careers. Find out about the STEM Conference for girls in grades 4-8 to be held April 9.

Wednesday, Feb. 10

OIL PAINTING CLASS: 9 a.m. to noon, the Art Complex Museum, 189 Alden St., Duxbury. Artist Laura Tryon Jennings will give a six-week session oil painting class. Each student is given individual attention to work on what best suits their particular needs. The program runs from 9 a.m. to noon Wednesdays, Feb. 10-March 16 (session 1) and March 30-May 4 (session 2). All supplies will be provided. Feel free to take your own supplies if you prefer. The cost is \$198 plus a \$28 supply fee. For information: 781-837-7982, Laura@LTryonJennings.com, www.artcomplex.org.

WATER WATCH SERIES:

7 p.m., South Shore Natural Science Center, 48 Jacobs Lane, Norwell. Free lecture series presented by North & South Rivers Watershed Association. Today: Adventures Under the Sea: Piloting the Alvin, by Bruce Strickrodt, Alvin Group Manager, Woods Hole Oceanographic Institute. The Alvin was created to help reach the most extreme areas on earth and has transported more than 8,000 researchers over the last 40 years, including Strickrodt. He will share some of the experiences he has had while piloting the Alvin. For information: www.nsrwa.org.

Thursday, Feb. 11

BOOK SALE: 10 a.m. to 4 p.m., Hingham Library's big semi-annual used book sale Feb. 11 and 13 in the Whiton Room at the library, 66 Leavitt St., Hingham. The sale features titles that have not previously been available for sale in the library's bookstore, including a recently received estate donation which features local history titles and antique books. For information: www.hinghamlibrary.org.

MEN'S NIGHT:

5-8 p.m., Artisans in the Square, 63 South Street, Hingham. Refreshments will be served. For information: 781-749-2590, www.artisansinthesquare.com.

"BUST THE WINTER BLUES WITH HEIDREA FOR HEROES":

6 to 7:30 p.m. at Waxy's Modern Irish Bar, at Kingston Collection, 101 Kingston Collection Way, Kingston. Check out the new restaurant, sample some food, enjoy a signature crafted cocktail or brew and support the work and mission of Heidrea of Heroes. \$20/adult; for youth (ages 8-14), \$10. Appetizers, cash bar, raffles throughout the night. Walk-ins are welcome, but advance registration appreciated. For information: 774-773-3951, www.heidrea4heroes.org/events.

NANTASKET BEACH LECTURE SERIES:

7 p.m., Stories Behind the Street Names, with Stephen O'Neill, associate director and curator of Pilgrim Hall Museum, presented by Hull Lifesaving Museum, at Nantasket Beach Resort, 45 Hull Shore Drive, Hull. Free, donations welcome. For information: 781-925-5433, victoria@hulllifesavingmuseum.org, www.lifesavingmuseum.org.

JOE MOSS BAND, FROM

Over 1400 Electric and Acoustic Guitars, Basses, Banjos, Dulcimers, Mandolins, Ukuleles

Fender

Huge selection of Fender and Guild Guitars, Basses and Amplifiers

GRETSCH/JACKSON/HERITAGE/LP/(EV) SEYMOUR DUNCAN/SONIC/ELECTRO HARMONIX

15,000 CDs - Tapes Vinyl LPs

Special Orders

SHEET MUSIC

"One of the largest selections in New England"

USED Guitars • Amps Drums • Effects

SCITUATE MUSIC

Serving NE Musicians Since 1969

Scituate Harbor • 781-545-9800

CHICAGO: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Friday, Feb. 12

MIKE GARVEY BAND: 8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

"CUPID'S REVENGE":

performed by Hat Trick Theatre, 7:30 p.m. Feb. 12 and 13 in Kendall Hall at First Parish Church, 19 Town Square, Plymouth. Join in for an evening of mystery and mayhem as you help find clues, discover the motive, expose the murderer and solve the crime. Tickets \$20. For information: 774-454-3575 or 508-747-6856, hattriq98@aol.com.

Saturday, Feb. 13

SOUTH SHORE GENEALOGICAL SOCIETY MEETING: 1:30 p.m., John Curtis Free Library, 534 Hanover St., Hanover. The program will be a pre-recorded Webinar presentation titled "Using Evernote for Genealogy." The public is invited to the meeting and presentation at no cost. For information: 781-826-2972.

ADULT COLORING EVENT:

2-3:30 p.m., Ventress Library will hold an adult coloring event, in the program room of the library, 15 Library Plaza, Marshfield. The library will provide the supplies including coloring pages and colored pencils as well as serve light refreshments. If you already possess an adult coloring book, feel free to take it along. Call the library to sign up or go to the library's website under "Calendar of Events" to register online. This event is for adults only. Contact Rachel Breen at the library's reference desk if you have any questions about the event. For information: 781-834-5535, rbreen@ocln.org.

"CUPID'S REVENGE":

performed by Hat Trick Theatre, 7:30 p.m. Feb. 12 and 13 in Kendall Hall at First Parish Church, 19 Town Square, Plymouth. Join in for an evening of mystery and mayhem as you help find clues, discover the motive, expose the murderer and solve the crime. Tickets \$20. For information: 774-454-3575 or 508-747-6856, hattriq98@aol.com.

SOLAS, AN IRISH-AMERICAN ROOTS BAND:

8 p.m., River Club Music Hall, 78 Border St., Scituate. Tickets \$35. For information: www.riverclubmusicall.com.

UP THE DOWNS:

8 p.m., Next Page Cafe, 550 Broad St., Weymouth. For information: 781-340-1300, thenextpagecafe.com.

Sunday, Feb. 14

"LOVE SONGS" CONCERT: 4 p.m., performed by South Shore Conservatory voice faculty members, 4 p.m. at One Conservatory Drive in Hingham. Following the performance, the audience is invited to stay, enjoy a special free Valentine's Day reception, and visit with the musicians to learn more about them. For

information: sscmusic.org.

Monday, Feb. 15

SEMAP FARMER AND CHEF NETWORKING SERIES: 3 p.m., join SEMAP, What's Good, and the Trustees of Reservations for a free networking event, Weir River Farm, 227 East St., Hingham. Farmers and chefs can meet, gather, and learn new ways to sell and purchase local goods, including using mobile technology. For information: SEMAPonline.org/events.

Tuesday, Feb. 16

FEBRUARY VACATION FUN AT HOLLY HILL FARM: 9 a.m. to noon Feb. 16-18, Holly Hill Farm, 236 Jerusalem Road, Cohasset. For ages 5-10. Each day participants will explore a different aspect of the organic farm. Attend one or two or all three days. \$45/day or \$135/all three days for members. \$50/day or \$150/all three days nonmembers. Preregistration required. In the event of under enrollment or severe winter weather, Holly Hill Farm reserves the right to cancel with full refund. For information: 781-383-6565, friendsofhollyhillfarm@gmail.com.

AUDUBON FEBRUARY VACATION WEEK ADVENTURES:

3 p.m. Feb. 16-19, North River Wildlife Sanctuary, 2000 Main St., Marshfield. Winter beachcombing, searching for animal tracks in the snow, crafts, games, and fire-side s'mores are just some of the activities that will keep your kids energized, entertained and educated about how plants and animals weather the cold. These are drop-off programs for kids ages 6-11, grades 1-5. \$65/\$55 member child per day. Preregistration is required. For information: 781-837-9400, www.massaudubon.org/southshore.

FEBRUARY SCHOOL VACATION WEEK LEGO CLUB - PIRATE CHES:

9:30 a.m. to 2:30 p.m., Feb. 16-19, Hull Lifesaving Museum, 1117 Nantasket Ave., Hull. Participants will build their own Lego Pirate Chess and Lego Shipwreck Defense sets, which they will take home at the end of the week. Kids will learn to play chess, and have lots of fun playing pirate on the museum's play ship. Children should take a peanut-free lunch. Space is limited and pre-registration is required. \$140 members; \$150 nonmembers. For information, 781-925-5433 or victoria@hull-lifesavingmuseum.org.

Ongoing

Call for art: The Scituate Arts Association announced its Juried Show, open to all, to be held at the Front Street Art Gallery from Wednesday, April 13, through Sunday, May 1. Awards and a reception will take place from 6:30 to 9 p.m. Friday, April 22. One \$500 prize for Best In Show will be given with up to \$1,000 in prizes to be awarded. Entries must be delivered to the Ellis House, 709 Country Way, Scituate, 5-7 p.m. Thursday, March 31, or 11 a.m. to 2 p.m. Saturday, April 2. For information: 781-545-7613, www.scituateart.com

HOW TO SUBMIT YOUR CALENDAR EVENT

Here are some tips on getting your event information posted to the Wicked Local calendar and included in this regional calendar:

REGISTER: Find the Events Calendar on your Wicked Local homepage in the bottom right portion on the website and click on the Add Event button. Click the Register link in the top right hand corner of your calendar page, above Add Event. Enter an email address, first name, last name, password, and password confirmation. Once you click "Register," a verification email will be sent to the email address with which you registered. Be sure to confirm your account through that email to complete the process. Once registered, you will have the ability to add events.

ADD AN EVENT: Click the Add Event button. Fill in required fields such as event title, date, time, category, and venue. Events may be set up to repeat daily, weekly, monthly, or by manually adding additional dates.

ADDITIONAL NOTES:

- The more detail the better in the event description field and there is a section to provide optional contact information.
 - Categories are important for tagging events with discoverable search terms and eases a visitor's ability to find the type of events they are looking to attend. An event can have multiple categories.
 - Events must be matched to a known venue. You can also add a new venue if your venue is not listed.
 - Events are subject to review before appearing on the site.
- IMAGES:** Make sure to include an image with your event. Events with images command three times the attention than those without. EvieSays uses a simple image uploader with options to drag and drop or browse, so adding images to your event is easy.

Over 1400 Electric and Acoustic Guitars, Basses, Banjos, Dulcimers, Mandolins, Ukuleles

Fender

Huge selection of Fender and Guild Guitars, Basses and Amplifiers

GRETSCH/JACKSON/HERITAGE/LP/(EV) SEYMOUR DUNCAN/SONIC/ELECTRO HARMONIX

15,000 CDs - Tapes Vinyl LPs

Special Orders

SHEET MUSIC

"One of the largest selections in New England"

USED Guitars • Amps Drums • Effects

SCITUATE MUSIC

Serving NE Musicians Since 1969

Scituate Harbor • 781-545-9800

DIGITAL PIANOS KEYBOARDS

CASIO

BAND INSTRUMENTS

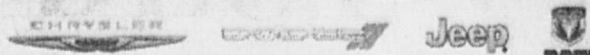
NEW • USED SALES • RENTALS ACCESSORIES

PA System Rentals & Sales All Sizes

Guitar & Amp Repair • DJ & i-track rentals

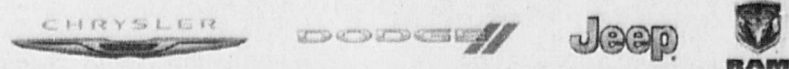
Guitar, Bass & Drum Lessons

BEST



★ PRESIDENTS' DAY ★

EVENT



You May Qualify for Additional Discounts Below our BEST price!

MILITARY

Currently active, recent discharge, or retired. Take an extra

\$500 OFF**CURRENT LESSEE**

Leasing a non-Chrysler brand vehicle. Take an extra

\$500-\$2,000 OFF**LEASE LOYALTY**

Is your Chrysler/Dodge/Jeep/Ram lease ending this year? Take an extra

\$1,000 OFF

"New Location same Great Service since 1957"

508-747-1550

www.bestjeep.com



Shop early for the best selection!
Beat the crowds and SAVE!

2016 JEEP Cherokee Latitude 4x4



#60034 MSRP\$28,985
Best Discount & Rebate!-4,987

Sale Price \$23,998

2015 CHRYSLER Town and Country Touring L



#51422 MSRP\$38,845
Best Discount & Rebate!-6,950

Sale Price \$31,895

2015 JEEP Renegade Sport 4x4



#52198 MSRP\$23,685
Best Discount & Rebate!-2,186

Sale Price \$21,499

2016 RAM Crew Cab Big Horn 4x4



#60040 MSRP\$46,765
Best Discount & Rebate!-10,166

Sale Price \$36,599

CERTIFIED PRE-OWNED SUPERSALE

certified pre-owned

certified pre-owned

2015 Jeep Wrangler Sport 4x4



Low miles. #60171SA **\$25,995**

2011 RAM 2500 Crew Cab with plow!



#60177A **\$31,995**

We Service ALL MAKES & MODELS

We welcome all Chrysler, Dodge, Jeep & Ram warranty work regardless of where you purchased your car.

POT HOLE SPECIAL
4 Wheel Alignment **\$89⁹⁹**

Limit one per customer. Not to be combined with any other offers. Expires 2/29/16.

BEST



New Location! 264 Cherry St., Plymouth

www.bestjeep.com

(508) 747-1550

SALES OPEN

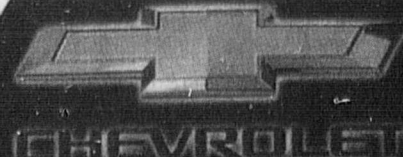
M-Th 9-8
Fri 9-6
Sat 9-5
Sun 12-5

SERVICE OPEN

M-Fri
7:30-6
Sat. 7-3

Best sale price reflects rebates to dealer. Tax, Reg. and Doc fee of \$295 extra. Certain vehicles may require financing a portion with Chrysler Capital and is subject to bank approval. Subject to program changes without notice.

BEST

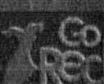


#BestDealerEver



OVER 350 NEW VEHICLES INSTOCK

Visit us this month
in support of



2016 CHEVY Silverado 1500 4WD LT DBL



SAVE \$9,000

• All Star Edition MSRP\$42,340
• Trailering Best Discount-\$4000
• Equipment Customer Cash-\$1000
• Pwr seat Select Cash-\$1000
• LED Front Fog Lamps Incremental Cash-\$1000
• Remote Start Bonus Cash-\$1000
Conquest-\$1000

#61244

BUY FOR **\$33,340** OR LEASE FOR **\$199.14/MO**

*10,000 miles with \$1000 plus 1st payment due at signing. Includes tax, title, plates, doc & acquisition fees. Chevy Conquest included.

2015 CHEVY Suburban 4WD 1/2 Ton LS



• 6-speed Automatic MSRP\$56,055
• Roof Rack Best Discount-\$2500
• Cross Rails Customer Cash-\$1500
#52691 Select Cash-\$2000
Super Cash-\$1000
Chevy Loyalty-\$3000

BUY FOR **\$46,055** OR LEASE FOR **\$10,000**

*10,000 miles per year. \$1000 total cash due. Includes tax, title, plates, doc & acquisition fees. Must have competitive lease.

2016 CHEVY Malibu Limited 1LS



• 6-speed Automatic MSRP\$23,855
• Remote Start Best Discount-\$1500
#61052 Customer Cash-\$1500
Select Cash-\$1000
Bonus Cash-\$500
Competitive Lease-\$1500

BUY FOR **\$17,855** OR LEASE FOR **\$179.37/MO**

*10,000 miles per year. \$1000 total cash due. Includes sales tax, title, plates, doc & acquisition fees. Must have competitive lease.

2016 CHEVY Cruze LS Automatic Limited



• 6-speed Automatic MSRP\$19,795
• Remote Start Best Discount-\$1000
#61125 Customer Cash-\$1000
Select Cash-\$1000
Competitive Lease-\$1500
Bonus Cash-\$500

BUY FOR **\$14,795** OR LEASE FOR **\$68.82/MO**

*10,000 miles per year. \$1000 total cash due. Includes sales tax, title, plates, doc & acquisition fees. Must have competitive lease.

Includes all rebates to dealer. *All leases for qualified customers and require 10K miles per year plus 1st month's payment, tax, title, acc., fee and doc fee. Price includes lease loyalty or competitive lease. Subject to factory extension of rebates and incentives. **Must have a 1999 or newer competitive registered vehicle, no trade required, transferable within household. See dealer for details. Down payment assist requires financing with Ally, GM Financial or Wells Fargo to qualify. Subject to factory extension of rebates & incentives.

CERTIFIED PRE-OWNED CHEVROLET BUICK GMC

100 Pre-Owned Vehicles to choose from....see our inventory at:

www.TheBestChevy.com

Here is a small sample of the savings...

2008 LEXUS RX350 AWD

Leather, sunroof, navigation. #61510A

\$15,989



2015 CHEVROLET CRUZE LT

OnStar, Nav., Only 7,000 miles. #51533A

\$13,989



2015 JEEP COMPASS

#12485R

\$17,489



2012 CADILLAC SRX AWD

Leather, nav., moonroof. #61426B

\$25,489



We Service ALL MAKES & MODELS

We welcome all Chevrolet warranty work regardless of where you purchased your car.

INEXPENSIVE CARS STARTING AT \$5995

WE BUY CARS FOR CASH

- GET A CHECK TODAY!

See our full inventory at

www.TheBestChevy.com

over 135 pre-owned vehicles to choose from

Visit us on facebook at Facebook/bestchevroletinc

It's the Clickest Way to Shop for a New or Used Vehicle!



128 Derby St., Hingham, Exit 15 off Rte. 3

1-800-649-6781

SINCE 1957

HOURS: Mon.-Th. 8:30-8; Fri. 8:30-6 • Sat. 8:30-5; Sun. 12-5 • FULL SERVICE AVAILABLE ON SATURDAYS 7AM-3PM